



# An examination of the key components of social support for patients living with Type 2 Diabetes (T2D): A cross-cultural participatory action research approach.



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## 3. How will this be achieved ?



### 1. Why ?

By **2030**: T2D cases are expected to reach **2.5 million** in **Morocco** and **5.5 million** in the **UK**.

T2D costs the **NHS** up to **£10 billion** a year and a **€145 million** for the **Moroccan Ministry of Health**.

**Social support** has been strongly linked with better T2D outcomes. **However**, little is known about which aspects are most effective for T2D self-management.

### 2. Research Aims:

- Design and implement a social support intervention to improve T2D patients' self-management.
- Identify and evaluate which components of interventions are effective in supporting patients to achieve good clinical outcomes?
- Explore, how the needs and experiences of those receiving and giving social support, match up to the best practice interventions available?
- Conduct a cross-cultural analysis to compare between the intervention needs and implementation in the UK and Morocco.

Start date:  
February 2022

Planned finish date:  
February 2025



### 4. Expected Outcomes

- Develop a new intervention (toolkit) for patients with T2D to engage with social support to enable sustained self-management.
- Consider cultural-context of social support (UK vs Morocco) to guide practice and policy that aim to support self-management of type 2 diabetes.

### 5. Take Home Message:

- This is the first research project that will identify effective social support components in T2D management; across two countries (UK and Morocco).
- This project will share UK knowledge and practices in the Moroccan context. Its outcomes will benefit the Middle East and North Africa Region (MENA).
- Results will give useful guidance and recommendations for future research that aims to include social support in T2D management interventions.



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#### References:

