

Kanasina Gulabi, A Pilot Peer Support Intervention for Young Adults with Type 2 Diabetes in Mysore District, South India

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BACKGROUND

Diabetes is a global epidemic. In 2019, over 450 million adults were living with type 2 diabetes mellitus (T2D), and this number is predicted to exceed 700 million by 2045.¹ India's population accounts for nearly 20% of this population, of which over 50% is undiagnosed.²

FORMATIVE RESEARCH (2022)

- 20 in-depth interviews with young adults aged 18 – 35 in Mysore district, Karnataka, India living with T2D
- Key Takeaways
 - 1) Lack of biological understanding of T2D
 - 2) Significant interpersonal and internalized stigma for having T2D at a young age
 - 3) Depressive symptoms and lower quality of life

OBJECTIVES

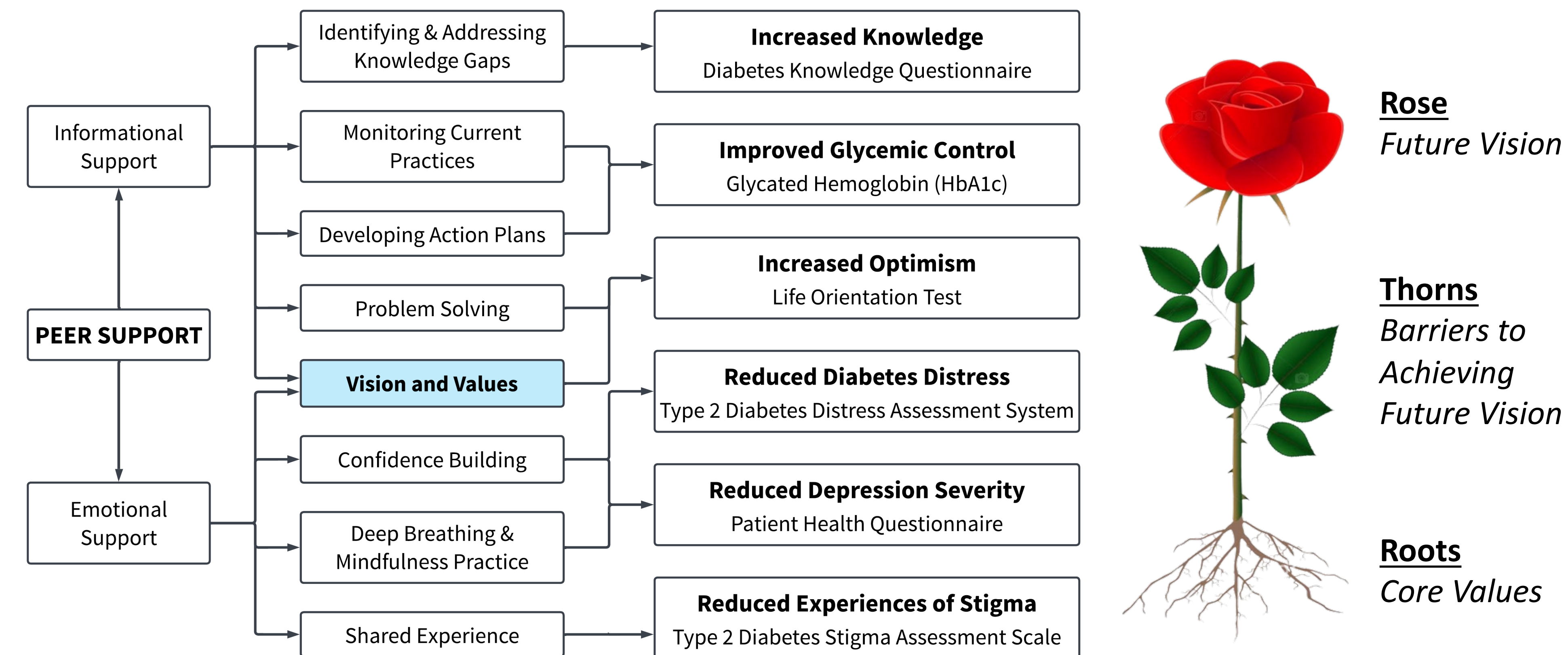
The purpose of my research is to assess the **feasibility**, **acceptability**, and **preliminary effectiveness** of *Kanasina Gulabi* – a **4-week** pilot peer support intervention designed to improve quality of life and glycemic control among young adults living with T2D in Mysore district, South India.

PARTICIPANTS

mean ± SD N (%)	Peer Navigators (N=3)	Intervention (N=14)	Control (N=14)
Age	32.7 ± 3.2	33.2 ± 3.6	32.9 ± 3.5
Years with T2D	3.7 ± 0.6	3.3 ± 0.7	2.9 ± 1.0
Baseline HbA1c	11.10 ± 1.85	10.16 ± 1.60	10.47 ± 2.23
Sex			
Female	3 (100%)	10 (71.4%)	10 (71.4%)
Male	0 (0%)	4 (28.6%)	4 (28.6%)
Religion			
Hindu	3 (100%)	10 (71.4%)	14 (100%)
Muslim	0 (0%)	4 (28.6%)	0 (100%)
Region			
Urban	3 (100%)	9 (64.3%)	5 (35.7%)
Rural	0 (0%)	5 (35.7%)	9 (64.3%)

1. IDF Diabetes Atlas 9th edition 2019. (n.d.). Retrieved July 1, 2023, from <https://diabetesatlas.org/en/>
 2. India diabetes report 2010–2045. (n.d.). Retrieved July 1, 2023, from <https://www.diabetesatlas.org/data/>

KANASINA GULABI (MY DREAM ROSE)

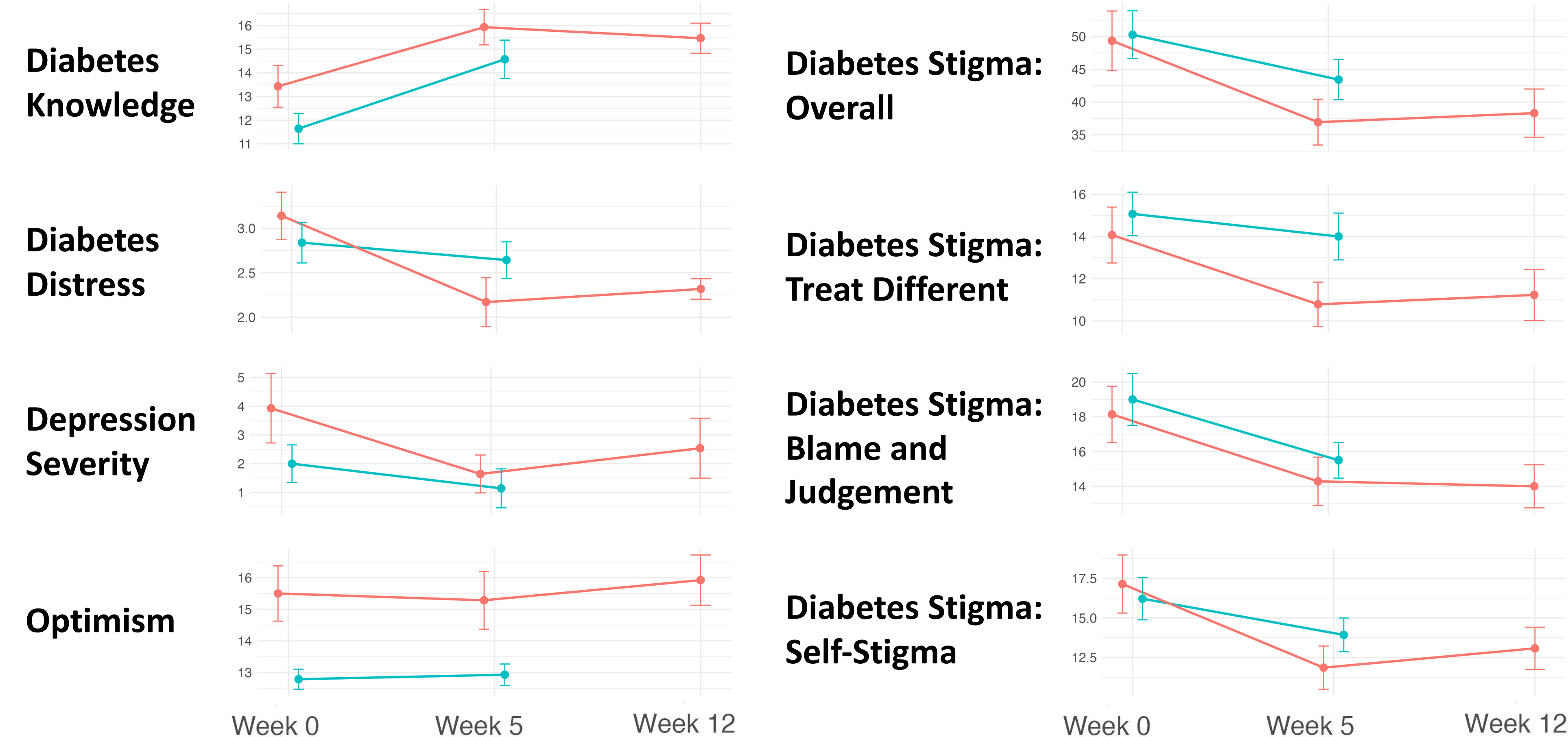


PRELIMINARY RESULTS

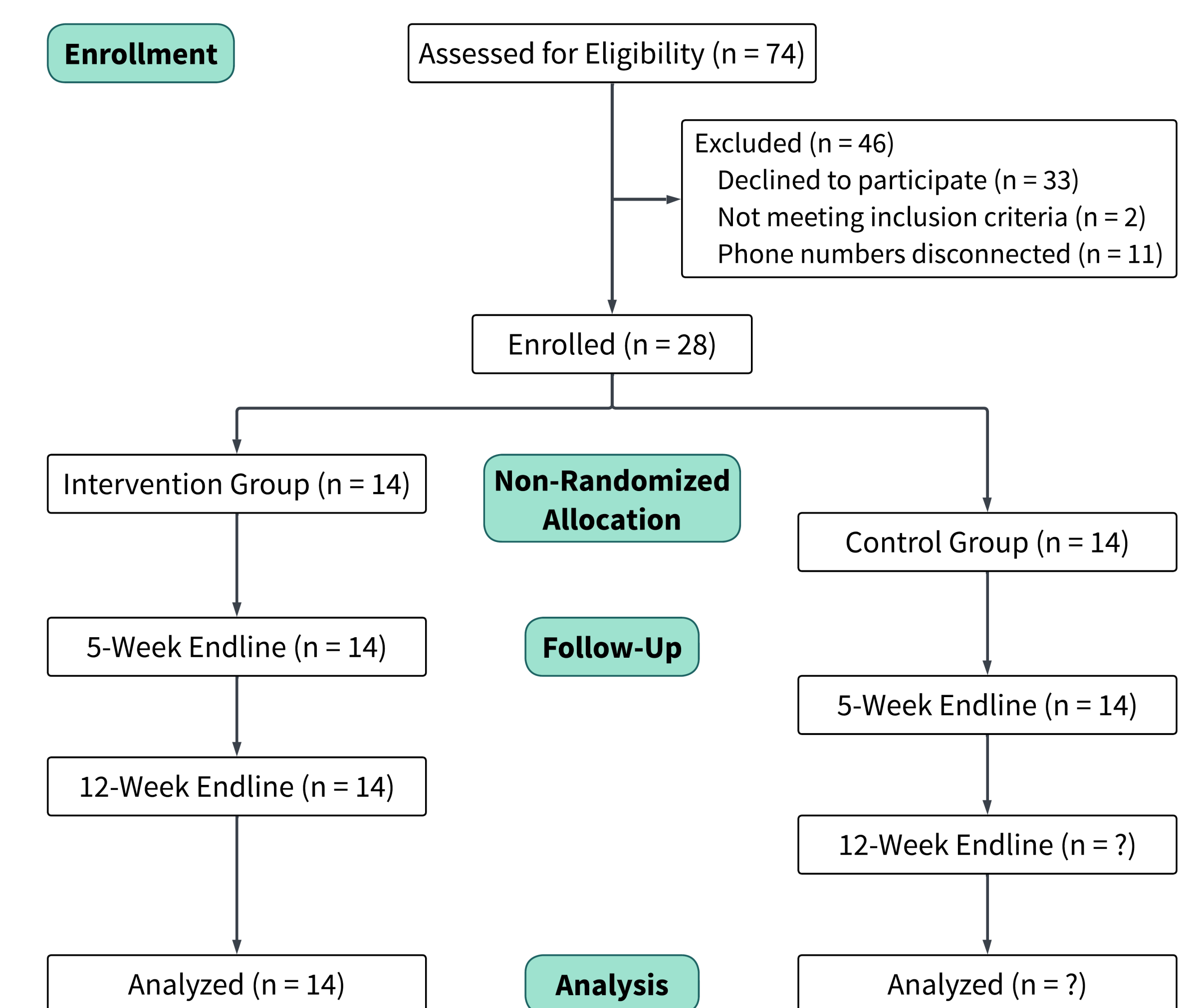
INTERVENTION GROUP EXPERIENCE

Acceptability	Adoption	Appropriateness	Feasibility
<ul style="list-style-type: none"> • 93% liked <i>Kanasina Gulabi</i> a lot • 86% were highly satisfied 	<ul style="list-style-type: none"> • 93% used the skills they learned • 93% would refer others to join 	<ul style="list-style-type: none"> • 100% thought the program helped with their problems 	<ul style="list-style-type: none"> • 64% were able to attend the sessions without difficulty

INITIAL EFFECTIVENESS (MEAN/SE)



CONSORT FLOW DIAGRAM



DISCUSSION

In this pilot study, *Kanasina Gulabi* was found to be highly acceptable, adoptable, appropriate, and feasible for young adults with T2D in Mysore district. At the Week 5 and 12 checkpoints, participants demonstrated an increase in diabetes knowledge and decrease in diabetes distress, depression severity, and diabetes stigma. Further analysis is needed to understand the trends of the control group.

NEXT STEPS

- Complete Week 12 Endline data collection
- In-depth analysis of differences over time by demographic factors and exposure to the intervention
- Explore impact of *Kanasina Gulabi* on the peer navigators delivering the intervention

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