

Exploring Patient Perspectives on Digital Health Technology for Promoting Person-Centered Self-care in type 1 Diabetes.



Divya Stephen

Background

- Type 1 diabetes
- Diabetes self-care
- Digital health technology for diabetes self-care

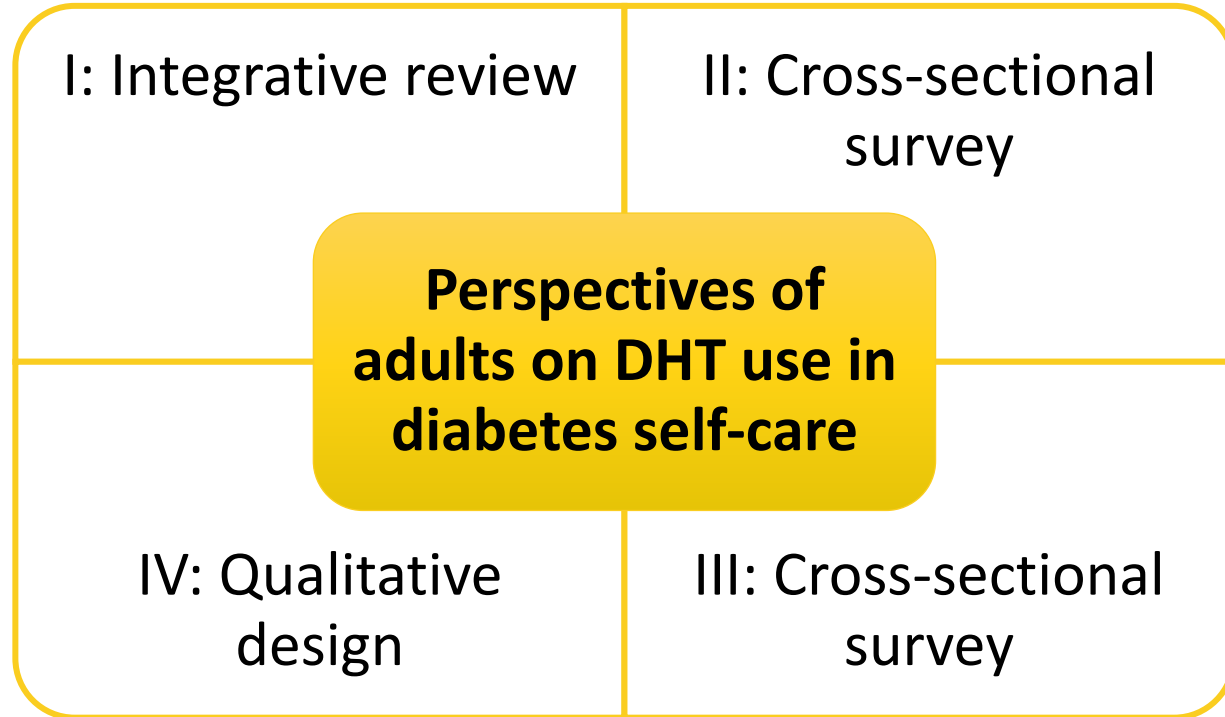


People's perspectives

- Patient reported outcome measures
 - Psychosocial self-efficacy
 - eHealth literacy
- People's experiences
- Less studied area



Methods



Population: Adults (≥ 18 years) having type 1 diabetes

Results

RESEARCH

Open Access

Using mHealth applications for self-care
– An integrative review on perceptions
among adults with type 1 diabetes

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Features

- Self-care data monitoring
- App display
- Feedback & reminders
- Data entry
- Data sharing
- Additional features

Factors affecting the use

- Personal factors
- App design or usability related
- Privacy & safety factors
- Socioeconomic factors

PROMs

- Quality of life & diabetes distress-most common
- Most PROMs- no significant improvement.

Results

- Higher well-being and better glucose control were associated with higher psychosocial self-efficacy.
- Younger age, lower HbA_{1c} and higher psychosocial self-efficacy were associated with higher eHealth literacy.



Results

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Experiences of Adults With Type 1 Diabetes Using Digital Health Technology for Diabetes Self-Care: Qualitative Study

[Ulrica Anna Steenhil](#) [Jan Nilsson](#) [Ulla-Britt Johansson](#) [Anna Nordin](#)



A balancing act between feeling empowered and feeling exasperated

- Promoting autonomy in daily life
- Self- awareness through collaborative learning
- Feeling secure
- Tackling technical challenges & need for support
- Navigating the burden of psychosocial challenges



Image Credits: Microsoft co-pilot

Significance for person-centered care in type 1 diabetes

Age-appropriate
eHealth literacy
interventions

Supportive measures to tackle
technical challenges & navigate
the emotional and social hassles.

Measures to improve
psychosocial self-efficacy
and well-being

Larger studies needed on
perceptions of DHT use

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Thank you

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