



ARE YOU A YOUNG ADULT WITH TYPE 1 DIABETES?

JOIN THE

ReDUCe Study (Reducing Diabetes distress Using Cognitive behavioral therapy)

to help test a new model of care using psychological support targeted at:

- Reducing diabetes distress
- Increasing emotional well-being
- Improving blood sugars

YOU MAY BE ABLE TO JOIN THE STUDY

- 18-30 years old
- Type 1 diabetes ≥ 6 months
- English or Spanish reading ability
- HbA1c $\geq 7.5\%$
- Open to United States & Puerto Rico only

STUDY PROCEDURES FOR ALL

- 6 months of free continuous glucose monitoring (CGM)
- 5 at-home Self-test HbA1c checks
- Brief cell phone surveys



All study devices will be provided free of charge and you will be compensated up to \$575

To see if you are eligible



After completing an initial screening, you may be randomized to receive 3 months free diabetes distress psychological support versus your usual medical care.



For more information about ReDUCe, contact: Molly Finnan at 843-422-3861 (English only) or Gladys Crespo-Ramos at 646-592-4348 (English or Spanish) and leave a message with your name and phone number OR visit <https://t1dreducestudy.wixsite.com/t1dreduce>