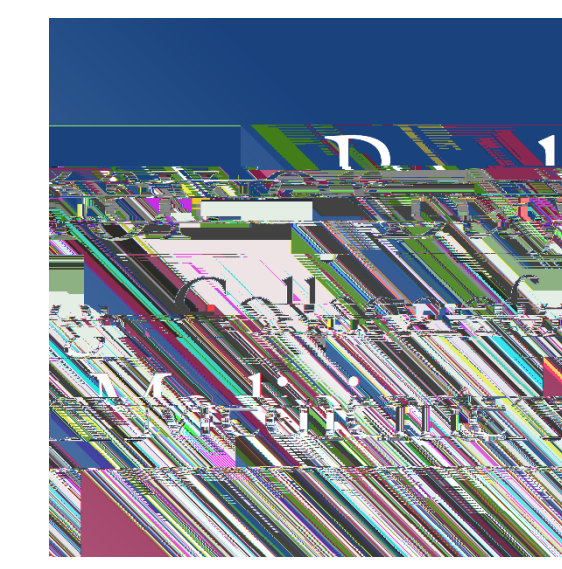


# Vlogging for Youth with Type 1 Diabetes (T1D): A No or a Go?

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## OBJECTIVES

Behavioral interventions for youth with T1D have primarily targeted parents and teens. This pilot study focused on feasibility and acceptability of video-vlogging as a possible component of a behavioral intervention for pre-teens with T1D.

## METHODS

We invited youth ages 9-14 and their parents to share thoughts on vlogging about life with T1D.

We asked youth to create & share videos about living well with T1D, and to view

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**Objectives.** Behavioral interventions for youth with T1D have largely targeted adolescents and parents. Less work has focused on pre-adolescents. The purpose of this pilot was to test the feasibility of youth-focused video-blogging (“vlogging”), a developmentally appropriate and interactive social support activity, as a potential intervention component. We report on feasibility, acceptability, and considerations for incorporation into a larger multi-component intervention.

**Methods.** Participants were youth with T1D, ages 9-14 (mean age  $11.8 \pm 1.9$  yrs; 67% female; 33% Non-Hispanic White; mean  $A1c = 8.3 \pm 1.7\%$ ) and their parents. Parents and youth were interviewed about their thoughts on viewing and sharing videos about living