

FAQs

1 Do I have enough time to participate?

The EMBARK programs have been developed with the input of busy adults with type 1 diabetes just like you. Aside from one or two workshops, everything occurs from the comfort of your home (or anywhere convenient for you) at times that work for you!

2 How much does the program cost?

There are no costs! Participants will receive gift cards for completing the online surveys and going to the lab at baseline, 3, 6, and 12 months.

3 How will the web group meetings work?

You can participate from any smart phone, tablet, or computer that has an internet connection.

4 Am I too old or too young to take part?

No – we welcome anyone 19 years and older. No one is too old to take part!

5 When will the workshops and calls occur?

Most workshops will take place on a Saturday. Video meetings and phone calls will occur at a time mutually convenient for you and your group.

6 Who will run the program?

EMBARK is funded by a grant from the National Institutes of Health (NIH). UCSF is collaborating with other clinical institutions. The groups are run by highly trained diabetes health care providers.

UCSF

University of California
San Francisco



LIVING WITH DIABETES CAN BE REALLY TOUGH!



embark

Behavioral Approaches to Reducing Diabetes Distress
and Improving Glycemic Control

for Adults with Type 1 Diabetes

Interested?

call: 1-855-850-3599 (toll free)

or

email: embark@ucsf.edu



Diabetes can be tough!

Something that doesn't get talked about much is how tough type 1 diabetes can be. Many people find diabetes a challenge and it's common to feel stressed. However, stress can affect both your diabetes management and your glycemic control. In this NIH-funded research study, we will be comparing three programs to learn how effective they are in reducing stress and improving management for adults with type 1 diabetes.

StreamLine

Focuses on identifying and resolving specific glucose problems

TunedIn

Helps identify and address the personal stresses and strains of having diabetes, to help stop them interfering with diabetes management.

FixIt

Helps detect problematic blood glucose patterns, and identifies and addresses feelings and expectations that occur as a result.



Who can participate?

Anyone age 19 or older can participate. We will first ask you a few questions about you and your diabetes to see if the program is right for you.

What will I be asked to do?

Each program is different. You will be asked to attend one or two group workshops with other adults with type 1 diabetes, led by a trained facilitator. To help you reach your diabetes goals, over the next three months you will be asked to participate in web-based video meetings with your group, and/or have individual phone or video calls with your facilitator. Participants will be asked to complete online surveys before the program and again at 3, 6, and 12 months. HbA1c will also be collected. Participants will receive gift cards for their time and there will be no costs to participate.

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How does EMBARK work?

Initial Survey and Blood Draw



If results meet the project criteria, participants will be randomly assigned to one of three programs:

FixIt
StreamLine **TunedIn**



Group Workshop

About 10 participants will attend one or two Saturday workshops at the start of the program.



Group video meetings (TunedIn & FixIt only)

Over the next three months, participants will take part in four web meetings with their group.



Individual Support

Participants will also receive individual phone or video calls from their group facilitator.

To help us evaluate all three programs participants will complete an online survey and blood draw again at 3, 6, and 12 months after the start of the program.

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Behavioral Approaches to Reducing Diabetes Distress and Improving Glycemic Control

