



STRATEGIES FOR RISK REDUCTION LAB

Research focusing on Type 2 diabetes prevention

Current Projects – *brief descriptions*

- Perceptions of risk for developing type 2 diabetes: Our project involved qualitative interviews with at-risk individuals and health care providers about the meaning of risk. We presented data from this project on several occasions. Data analysis is complete and we are working on three manuscripts: at-risk individuals' knowledge of type 2 diabetes; participation in multiple behavior change; meaning of family history in relation to type 2 diabetes risk. A follow-up project regarding communication of risk status is in development.
- Health-related self-concept in the context of lifestyle change and type 2 diabetes prevention: This project was funded by the College of Health Sciences Seed Grant program and the Mountain West CTR-IN mini-grant program. A measure of health-related self-concept in the context of lifestyle change was created (manuscript in review) and tested in a type 2 diabetes prevention intervention at East Carolina University (manuscript in preparation). We are currently preparing a grant to support a follow-up project. Specifically, to integrate understanding of lifestyle health-related self-concept (Lifestyle-HRSC) in relation to intervention participation and adherence.
- Perceptions of nurses and Native Americans in relation to the nurse-client relationship: This project was funded by the Sharron S. Humenick Nursing Enrichment Fund in the Fay W. Whitney School of Nursing and the Wyoming INBRE Community College Collaborative Grant Program. We conducted qualitative interviews with nurses and Native American individuals. One manuscript is in preparation and we will begin additional data analysis in 2018.
- Meaning of the term "Prediabetes": The students on our research team received a seed grant from the College of Health Sciences to further understand health professionals' use of the term "prediabetes". We created a survey and are collecting data until May 2018.
- See "Publications" and "Presentations" for details about dissemination of the above projects: Go to www.uwyo.edu/nursing/about-our-school/research/thomas-lab.html