



## **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 published two manuscripts. 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 (publication) and tested in a type 2 diabetes prevention intervention at East Carolina University (two manuscripts in preparation). A follow-up project regarding understanding of lifestyle health-related self-concept (Lifestyle-HRSC) in relation to intervention participation and adherence is in development.
- Diabetes prevention program implementation by health professional students: This project is funded by the Sharron S. Humenick Nursing Enrichment Fund in the Fay W. Whitney School of Nursing. We are pilot testing a diabetes prevention intervention facilitation training program for pre-health professional students. Data collection is currently underway.
- 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 and examined nurse perceptions (publication) and Native American perceptions (manuscript in preparation) of nursing care and cultural competency.
- 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, collected data, and presented the results. A manuscript is currently in development.
- 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](http://www.uwyo.edu/nursing/about-our-school/research/thomas-lab.html)