

DIME

CLINICAL TRIAL SUMMARY

Presenters

King's College Hospital NHS Foundation Trust

Objectives

To evaluate the feasibility and acceptability of a diabetes insulin self-management education (DIME) group intervention for people with type 2 diabetes starting insulin.

<https://www.isrctn.com/ISRCTN13339678>

**TRIAL
DESIGN**

Single-centre, Parallel, Randomized, Pilot Trial

**SAMPLE
SIZE**

17 Participants

INCLUSION CRITERIA

- Adults with type 2 diabetes
- Requiring insulin
- On ≥ 2 oral anti-diabetic drugs at max tolerated doses
- HbA1c $\geq 7.5\%$ on two occasions.

METHODOLOGY

- Participants were randomized in blocks of 2 or 4 to either three 2-hour face-to-face DIME group sessions or standard insulin education sessions (control group).
- Feasibility was evaluated based on consent rates and session attendance.
- Acceptability was assessed through exit interviews.
- Changes in insulin beliefs, diabetes distress, and depressive symptoms were measured from baseline to 6 months post-randomization.

RESULTS

Of the 28 individuals identified as potentially eligible, 17 consented to randomization—9 were assigned to the DIME group and 8 to standard insulin education. Three participants withdrew before the first session.

Among the remaining 14, all DIME participants ($n = 8$) attended all three sessions, while all standard education participants ($n = 6$) attended at least one session.

The median group size was 2, with a mean participant age of 57.6 years (SD 6.45), and 64% were female. All interview participants ($n = 7$) reported the group sessions as acceptable.

Thematic analysis highlighted positive experiences related to social support, session content, and post-group reflections, especially in the DIME group. Self-reported measures also showed improvement.

CONCLUSION

The diabetes insulin self-management education (DIME) intervention was acceptable and feasible to deliver to participants with type 2 diabetes starting insulin.