MyDiaText: Feasibility of a Text Messaging System for Youth with Type I Diabetes

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MyDiaText, a text/short messaging system (SMS), is a collaborative initiative among the School of Nursing, the College of Engineering and CHOP to address the management of a major public health issue – type 1 diabetes in youth. The standard diabetes team approach is often ineffective in assisting adolescents to achieve behavioral changes. There is a clear need for a system that will resonate with youth and will support adolescents to adopt self-management practices. The purpose of this study is to determine the feasibility and functionality of receiving SMS educational and motivational messages. This system will extend the reach of the clinician into the community and provide innovative modes of communication. The next phase of this research will be a RCT to examine the effectiveness of MyDiaText.