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## People who think healthily cope better with diabetes

7 tweets

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Mon, 25 Oct 2010

Behavioural **research** carried out at the University of Granada links positive attitudes with improved levels of **health**.

Over 150 people with **type 1 diabetes** participated in the trial. Tests were carried to assess how the participants perceived their diabetes.

Those with negative thoughts towards the **illness**, such as feeling less in control or feeling that **diabetes** was a significant burden on their lives, tended to have poorer health both mentally and physically. This should not come as a surprise in itself, as being less healthy could be seen as the cause of the negative thoughts. However, when these patients saw their disease as less of a burden, they dealt with their condition by **exercising** more personal control such as seeking support and expressing emotions.

Therefore, the perception the patients have of their illness helps to dictate how much of an impact it has. A positive outlook, allows for better coping behaviour and hence can lead towards improved health.

The researchers note that the results make for common sense and that the results would likely be mirrored across other **long term health** conditions.



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