

A nighttime photograph of a modern building complex, likely a university campus, situated on the edge of a body of water. The buildings are illuminated with warm yellow lights, and their reflections are clearly visible in the calm water. The sky is a deep blue with scattered clouds. The overall scene is serene and well-lit.

DIAMONDS for all:  
Working together to improve diabetes care and  
outcomes for people with serious mental illness

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Jennifer Brown, University of York  
Gary Hellewell, DIAMONDS Voice  
Shaun Bell, DIAMONDS Coach





# Defining serious mental illness

- No agreed definition → controversy
- Acknowledge that **any** mental illness can be serious and have a severe impact on the individual and their family/friends
- Our research tends to exclude so-called common mental disorders (anxiety and depression) as well as eating disorders, personality disorders, and PTSD
- Instead, focus on these disorders:
  - Psychosis
  - Schizophrenia, schizoaffective disorder
  - Bipolar disorder
  - Severe depression

# The DIAMONDS Solution

There is a clear need for bespoke diabetes support for people with severe mental illness.

To develop a programme that is truly fit for purpose, we need to:

1. Understand exactly where the challenges are
2. Work with service users, their carers, and healthcare professionals
3. Check if the new programme is acceptable and feasible
4. Test if the programme is clinically and cost-effective



# Key partners

DIAMONDS Voice

NHS partners & CRN

NIHR & other funders

Programme Management Team

Programme Steering Committee

Admin & research staff



# Ongoing work

- DIAMONDS Randomised controlled trial
  - Testing of the DIAMONDS intervention across England
  - Target 450 participants
  - Delivered by DIAMONDS Coaches
  - Reduction in blood sugar, increase in activity, improvement in health and wellbeing
- Process evaluation and intervention fidelity assessment
  - Qualitative interviews with participants, carers, and Coaches
  - Assessment if the intervention is being delivered as intended
- Economic evaluation
  - Is the intervention cost-effective?



# The future is sparkly

- Translation/cultural adaptation
  - Urdu version of trial documents and the intervention – increasing access to the trial, addressing inequality
- Continuous glucose monitoring for people with serious mental illness
  - Building on the DIAMONDS intervention to include novel technology in a way that is appropriate for individuals with serious mental illness



# Get involved!

[jennifer.brown@york.ac.uk](mailto:jennifer.brown@york.ac.uk)

[www.diamondscollaboration.org.uk](http://www.diamondscollaboration.org.uk)

[@diamonds nihr](#)

