

Title:

Bridging gaps, enhancing wellbeing: Examining the effectiveness of the Technology-Enabled Collaborative Care for Diabetes and Mental Health (TECC-DM) Model

Investigators:

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Dr. Peter Selby, Centre for Addiction and Mental Health

Description of the Study:

The purpose of this study is to compare two different types of virtual support for adults living with type 2 diabetes. One type of support is a new model of care called the TECC-DM program, and the other is weekly educational emails. The study will compare these two approaches to see how each may help people manage their health and wellbeing. Participation in this study will last 6 months.

Potential Benefits or Risks to Participation:

Participants may find value in reflecting on and sharing their lived experiences. This study will contribute to knowledge that may help improve care for others living with type 2 diabetes in the future. There are no known risks to participating. Some questions or discussions may feel personal or sensitive, particularly when reflecting on health and wellbeing. Participants are informed of the known study risks and benefits before the study starts, also known as informed consent. Participants can withdraw from the study at any time, for any reason.

Funding Source:

Diabetes Canada End Diabetes Award

Project Start Date:

March 3, 2026

Anticipated Project End Date:

December 31, 2027

Inclusion Criteria:

- Adults age 18 years+
- Have type 2 diabetes and diabetes distress
- Live in Ontario

Ethics Approval:

HiREB Protocol ID #19043

Participation:

A research study team member will review the consent form with interested individuals and go over all study details. If an individual decides to sign the consent form, study participants will be randomly assigned to either receive virtual coaching support or weekly educational emails over 12 weeks. Over this period, participants will complete three surveys (at the start of participation, after 12-weeks, and after 6-months).

Virtual Coaching Support Group:

- 12 weekly 1-hour health coaching sessions via phone or web conferencing. These sessions will be led by a trained health coach and focus on goal setting, problem-solving, and supporting your self-management of diabetes and mental health.

Educational Email Group:

- 10 weekly educational emails, containing tips and resources on managing diabetes, as well as physical and mental health. These materials will be received without direct contact from study team members.

Incentives:

Participants will receive a \$25 gift card upon completion of the 12-week survey and an additional \$50 gift card upon completion of the 6-month survey. Gift cards will be provided to a retailer of the participant's choosing.

Contact:

Interested individuals can check if they are eligible to participate in the study by completing a brief study eligibility screening survey: <https://redcap.link/TECCDM-eligibility>
Alternatively, interested individuals can directly contact the study team by email or telephone, or visit the study website for more information.

Study Team:

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Website:

www.teccdm.ca