

Singh H, Cinnirella M and Bradley C (2008) Perceptions of support systems and barriers to diabetes management in British South Asians and Whites. *Psychology & Health* **23** (1): 237.

<http://www.informaworld.com/smpp/content~db=all~content=a901661035~frm=titlelink>

Abstract presented as an oral presentation Division of Health Psychology/ European Health Psychology Society Annual Conference, Bath 9-12th September 2008

Perceptions of Support Systems and Barriers to Diabetes Management in British South Asians and Whites

H Singh, M Cinnirella and C Bradley

Background: To explore support systems and barriers to diabetes management (DM) in a sample of British South Asian (BSA) and British White (BW) diabetes outpatients from Hillingdon Hospital.

Method: Semi-structured interviews were conducted with 12 BSAs (men=6, women=6; Type 1=4, Type 2=8) and 8 BWs (men=4, women=4; all Type 2). Interviews were tape recorded and transcribed verbatim. Interpretative Phenomenology Analysis was conducted on the data.

Findings: Social stigma attached to diabetes and social pressures surrounding food were amongst the chief barriers for BSAs. Diet management and inconveniences surrounding insulin injections were reported as problematic aspects of DM by BWs. Close family constituted a primary support system for BSAs while BWs usually appreciated support from their hospital health-care teams more than other support networks.

Discussion: Understanding patients' experiences of managing diabetes will help to individualise diabetes management and is likely to improve diabetes outcomes.