

# A Veteran's 'Mindful Experience' with VA Behavioral Research

## VA Pittsburgh Healthcare System



### Why this research is important:

A quarter of Veterans cared for by the VA have diabetes (compared to 9% in the general population), and are therefore at risk for cardiovascular events and disability. Diabetes self-management is essential to improving diabetes outcomes, but can be a source of distress for many individuals, particularly Veterans already living with pain and psychological stress. This study examines whether a mindfulness training program provided as part of routine diabetes care helps to alleviate distress and improve diabetes outcomes.

### Summary:

The Veteran will speak on his experience in participating in the VA study titled "Effectiveness of a mindfulness intervention delivered within diabetes education on diabetes-related outcomes in military Veterans".

### How the research will improve Veterans' lives:

The Mind-STRIDE intervention delivered as part of the study incorporates mindfulness training directly into the existing diabetes education curriculum. It provides a one-stop-shop for Veterans to learn about caring for their condition and managing stress. Additionally, mindfulness is a non-pharmacological tool which can be successfully used by nearly all Veterans. It expands the options available to Veterans by providing a whole-person approach to diabetes care and stress management.



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