

CONTEXT

One of the central tenets of stigma about younger people living with diabetes is rooted in the notion of control:

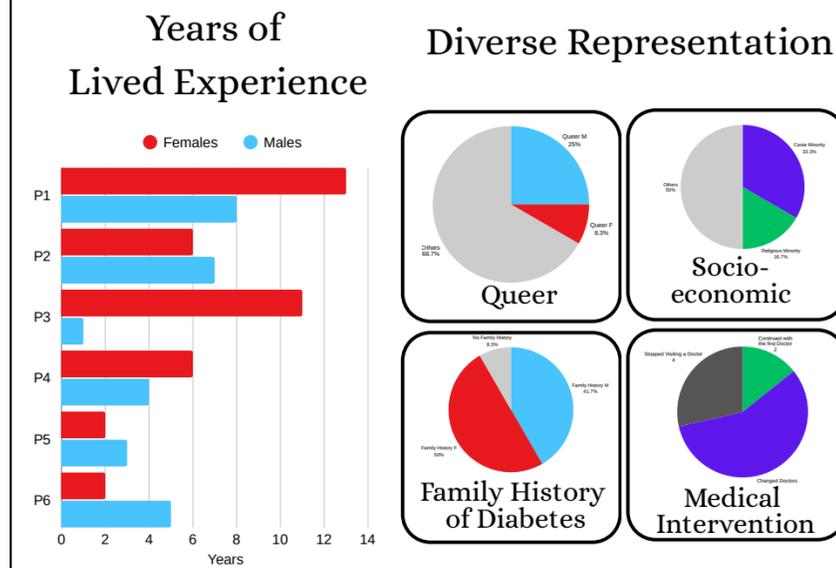
- **(Im) Morality of Control failure:** Popular discourse constructs diabetes as an irreparable brokenness stemming from a failure of willpower of young adults unable to "control" their eating habits or lifestyle leading uncontrolled sugar levels.
- **Regaining Control:** The job of restoring this control is therefore outsourced to the medical expert who the patient is expected to submit to as a compliant (passive) recipient of treatment

MAIN FINDINGS

- The 'compliant patient' model leads to behavioural modalities contradictory to the medical expectations of active participation on part of the patient
- Diabetes care centred on notions of control ends up in doctor patient relationship styles characterized by power struggles between the patients (for autonomy) and doctors (for better treatment outcomes).
- To break this cycle, attempts at diabetes management must shift from a model of **control** to one of **collaboration** - with the HCP and with the medical condition itself.



Participants (N=12)



RELATIONSHIP WITH HCP

Control based patient HCP Styles stemming from stigma - **[taming / fixing]**.

- In-Charge Expert Doctor & Passive Patient
- In-Charge Expert Patient & Passive Doctor
- In-Charge Expert Doctor & In-Charge Expert Patient

Collaboration based patient HCP Style - **[Befriending]**

Collaborative Patient - Collaborative Doctor

Research Study Title

Diagnosing stigma : A grounded theory analysis of stigmatising interactions embedded within doctor-patient relationships / Health care ecosystem.

Our Team



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RELATIONSHIP WITH DIABETES

Control

To

Collaboration

- Pressure to stay within social / medical lines breeds shame, turns diabetes into a constant battle where one is fighting one's own body and mind.
- Extremes of Inactive-compliance and Active sole ranger relying entirely on oneself
- Move from target orientation to process orientation with room for error
- Instead of a war to be "won" seeing it as a partnership. Working with the condition and your doctor, rather than trying to overpower them. (Compassionate actionable insight)