

August 2021

AIMS T1D is a group of four research studies for kids and teens with type 1 diabetes at the University of Michigan (the AIMS T1D Study, the AIMS Parents Study, the AIMS Parents Online Study, and the AIMS Kids Study).

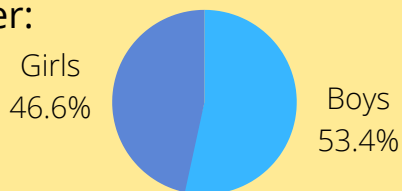
We had many different families participate in these studies.

Below you will find a summary of each study.

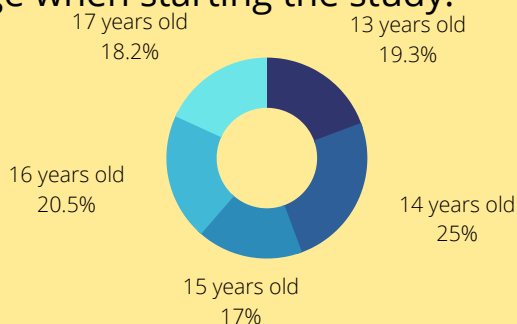
The AIMS T1D Study

88 teens and their parent came to the University of Michigan for two study visits that involved surveys and some game-like tasks from April 2019 through July 2021. The teens also had two blood draws. This is what our sample looked like...

• Gender:



• Age when starting the study:



- 23 counties in Michigan represented
- Most participants had an HbA1c between 7.7-9.2

To learn more about this study or other projects in our lab, visit our [website](#) or email us at AIMS.T1D.Study@umich.edu

T1D Regimen:

83.9%

of participants reported using a Continuous Glucose Monitor (CGM)

71.5%

of participants reported using an insulin pump

53.4%

of participants reported using a mobile app to help manage T1D

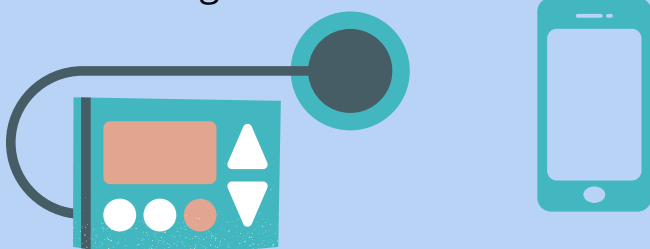
Teens and parents completed measures about stress and self-regulation. One measure of general stress, called the Perceived Stress Scale, asks parents about how much stress they have in their lives in the past month. On average, parents reported low-to-moderate stress. Average scores for self-regulation for both parents and teens were comparable to typical scores found in the US.



The AIMS Parents Study

Parents of kids (ages 10-13) completed a two hour in-person research study visit.

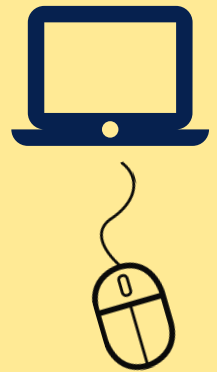
- The study began in April 2019 and ended in March 2020.
- We had 66 parents of kids with T1D participate.
- The parents of 34 boys and 29 girls participated.
- 17 counties were represented
- Parents reported:
 - 90.9% of participants reported using a CGM
 - 83.3% of participants reported using an insulin pump
 - 51.5% of participants reported using a mobile app to help manage T1D



The AIMS Parents Online Study

Parents of kids (ages 10-13) completed 45 minutes of surveys online.

- The study began in August 2020 and ended in March 2021.
- We had 143 parents of kids with T1D participate.



The AIMS Kids Study

Parents of kids (ages 5-9) completed 45 minutes of surveys online.

- The study began in December 2020 and ended in March 2021.
- We had 287 parents of kids with T1D participate.



Resources for Managing Stress from UM

- [Stress Resources](#)
- [Where to go for Help](#)
- [Resources for COVID-19](#)
- [Mental Health](#)
- [Parenting and Relationships](#)