



myDESMOND  
Connect

# Do you have Type 2 Diabetes and are you aged between 18-45 years?

Are you interested in a research study that will test a digital programme designed for people with type 2 diabetes (45 years of age and under)?

## The DANA study might be for you

In DANA, you will have access to a digital programme that has been developed in partnership with young adults with lived experience of type 2 diabetes. The programme is called MyDESMOND Connect. An example of some of the things we included through working with young adults with type 2 diabetes includes:

- 1 Information about:
  - diabetes stigma
  - loneliness and mental health
  - managing your relationships, social life and family life alongside diabetes
  - managing work, university, or college alongside diabetes
  - women's health and type 2 diabetes
  - men's health and type 2 diabetes
- 2 Short videos and audio clips of young adults with type 2 diabetes talking about their experiences
- 3 A private chat form which can only be accessed by other young adults living with type 2 diabetes

We want to see how many people with type 2 diabetes register to use MyDESMOND Connect, and whether MyDESMOND Connect can improve their health and well-being.

If you would like to find out more, or know someone who may be interested, please contact a member of the DANA study team:

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