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## POSITIVE ATTITUDE FACILITATES GLUCOSE CONTROL IN TYPE 2 DIABETES

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**Statement of the Problem:** Diabetes control remains a challenging problem regardless of many advances made. Stress adds extra burden. Positive attitude promotes health and reduces stress in a fundamental basis, and can result in permanent changes in as short as 3 weeks because of neuroplasticity. Its contribution to diabetes control remains unknown. In this study, we aim at encouraging patients practicing positive attitude in their daily life, and explore its impact on diabetes control in patients with type 2 diabetes.

**Methodology & Theoretical Orientation:** One hundred and twenty type 2 diabetic subjects were enrolled, assigned into two groups, one test and one control, with 60 subjects for each, well matched for age and diabetes control, informed consent form signed and ethical committee review obtained. Blood glucose (FBG, 2hr PPG), HbA1c, C peptide, Insulin, and other labs were tested before and after practicing positive attitude. Positive attitude practice includes confidence, gratitude, adaptable, generous, lovable, forgivable, courageous, compassionate, healthy, connected and meaningful, for 3 weeks. Other treatment remains the same as that prior to the study. Statistical analysis was performed with SAS, and compare was between groups, before and after practicing positive attitude. Sub-layer analysis is also performed.

**Findings:** Prior to practicing positive attitude, all the lab values are well matched between two groups, without significant difference for glucose level or HbA1c. With 3 weeks practice, the test group had significant decrease with blood glucose and HbA1c ( $p < 0.01$  before vs. after), while no significant change in the control group. The difference between the test group and control group after 3 weeks is also significant ( $p < 0.05$  test vs. control). The more positive attitude they practice, the better glucose control.

**Conclusion & Significance:** Practicing positive attitude can significantly improve glucose control in patients with type 2 diabetes. It should be strongly encouraged.

### Biography

Shaoyun (Cheryl) Wang has her expertise in diabetes, obesity, positive attitude, endocrinology and metabolism. Her "happy booster" and "our family chicken soup to all the beautiful you" are enormous contribution to the world, as well as to the scientific communities. Practicing positive attitude should be encouraged in our daily clinical practice as well as our daily life.

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