

# Invitation: Mental Health and Wellbeing of People with Diabetes

20 September 2023



## Mental Health and Wellbeing of People with Diabetes

The [University of Pretoria Diabetes Research Centre](#), in collaboration with the [Department of Psychology](#) and [SA Diabetes Advocacy](#), is pleased to invite you to a webinar to mark the launch of its [Mental Health and Wellbeing in Diabetes Cluster](#).

### Webinar Details:

**When:** Wednesday, 20 September 2023  
**Time:** 10:00 to 13:00 SAST  
**Where:** Online Event via zoom

### Registration:

Click [HERE](#) to register for this free zoom event by no later than Monday, 18 September 2023

### For more information Contact:

[diabetes@up.ac.za](mailto:diabetes@up.ac.za)

### Description:

The topic of the webinar is “**Mental Health and Wellbeing of People Living with Diabetes**”.

According to the [Centers for Disease Control and Prevention](#), people with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. In South Africa, these figures are likely to be much lower. Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse.

The webinar will give an opportunity to individuals with diabetes to share their lived experiences, while a professional nurse will talk about the challenges of managing people living with diabetes in the public health system. A South African expert, who is living with type 1 diabetes, will talk about his work with children, adolescents and adults who have type 1 or type 2 diabetes and how diabetes-focused psychotherapy helps them thrive. Lastly, a professor of Health Psychology from the UK will discuss the psychosocial impact of diabetes and the benefits of research and behavioural interventions.

The webinar will outline the vision and objectives of the new research cluster, its focus on collaborative research and intervention development to improve the mental health and wellbeing of people living with diabetes in South Africa and sub-Saharan Africa through better screening, diagnosis, and care.

The University of Pretoria  
**Diabetes Research Centre**

*“Pioneering transdisciplinary diabetes research in Africa”*

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# Speakers & Programme: Mental Health and Wellbeing of People with Diabetes

20 September 2023



## Speakers

### Helga Nefdt

*Living with Type 2 Diabetes*

### Siyabonga Zuma

*Living with Type 1 Diabetes*

### Bridget McNulty

SA Diabetes Advocacy

### Prof Katharine Barnard-Kelly

Professor of Health Psychology  
Barnard Health

### Daniel Sher

Clinical Psychologist  
Daniel Sher Therapy

### Sr Gracia Schubart

Professional Nurse  
Eersterust Community Health Centre

### Dr Sonja Mostert

University of Pretoria  
Department of Psychology  
Faculty of Humanities

### Dr Patrick Ngassa Piotie

University of Pretoria  
Diabetes Research Centre  
Faculty of Health Sciences

### Prof Paul Rheeder

University of Pretoria  
Diabetes Research Centre  
Faculty of Health Sciences

## Webinar Moderator: Dr Sonja Mostert

## Programme:

10:00 – 10:05

**Opening Remarks:** Bridget McNulty

10:05 – 10:20

**Setting the Scene:** Dr Patrick Ngassa Piotie

### Lived Experiences

10:20 – 10:40

Helga Nefdt

10:40 – 11:00

Siyabonga Zuma

11:00 – 11:15

Sr Gracia Schubart

11:15 – 11:30

**Q & A**

11:30 – 11:40

**Break**

### Words from the Experts

11:40 – 12:00

Daniel Sher

12:00 – 12:20

Prof Katharine Barnard-Kelly

12:20 – 12:35

**Q & A**

12:35 – 12:55

**Mental Health and Wellbeing Cluster:** Dr Sonja Mostert

12:55 – 13:00

**Vote of Thanks:** Prof Paul Rheeder

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