

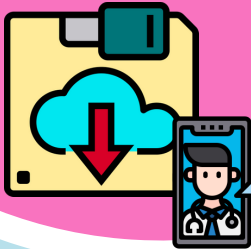
How does it work ?

Study link between mental health and metabolic control.
Measure the Belgian mental health among youth with diabetes.
Inform the doctors about the SDQ findings.

1 The doctor explains you the SDQ study and gives you this flyer with the access code.
2 The doctor invites you to sign the informed consent form.

3 Your data are pseudonymized* and sent to Sciensano.

4 Download your results just after filling out the SDQ.
5 Share it with your doctor at the consultation.
6 Save the access code securely for the next time.

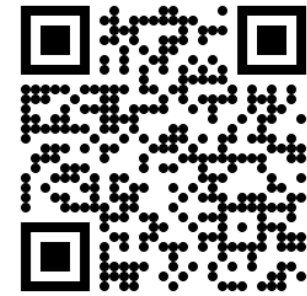


Parents and children can complete the SDQ.

* Protection of personal data by which a pseudonym will replace the name of the child.

Find your QR code & access code at the flyer back !

SDQ ONLINE QUESTIONNAIRE



<https://hd4patient.healthdata.be/iqecad>



ACCESS CODE

XXXX

Save the access code and the QR code securely for the next time.

CONTACT US

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The SDQ Study

Dear madam, dear sir,
Dear girl, dear boy,

Sciensano and your pediatrician invite you to participate to the **Strengths & Difficulties Questionnaire (SDQ)**. Your treating paediatrician informs you about this through this flyers.

This is a study on behalf of the **paediatric diabetes centers**, coordinated by **Sciensano** as part of the **IQECAD study***.

Why it is important ?

First, it is well known that mental well-being has impact on the control of diabetes. **Discussing your difficulties with your doctor might help you to improve diabetes regulation !**

Secondly, at a national level we will be able to **study the level of the mental health** among young people with diabetes and its **link** with diabetes outcomes (HbA1c).

* Initiative for quality improvement and epidemiology among children and adolescents with diabetes

What is the SDQ ?

The SDQ is one of the most widely and **internationally** used measure of **child mental health**. It includes 25 items on psychological attributes and takes only **5 min to complete**.

Both parents and children can complete the SDQ. For **children <11 years**, it is recommended that the **parents** complete it for them.

How to share the SDQ results?

After the completion of the questionnaire, you can **download the results in a pdf file**.

Sharing the results is crucial to help your doctor to **detect problems** and propose adapted targets and interventions. We highly recommend that you **discuss** with your doctor.

Several ways to share the SDQ results:

- **Print it and bring it to your doctor.**
- **Send a mail with the results to your doctor.**



THE STRENGTHS & DIFFICULTIES QUESTIONNAIRE (SDQ)

THE MENTAL HEALTH STUDY FOR YOUTH WITH DIABETES