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### Telerehabilitation intervention for type 2 diabetes

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#### Abstract

Diabetes has become an increasingly important health problem worldwide because of its prevalence. Although effective treatments for diabetes management have developed, many patients have difficulties in achieving their therapeutic goals. Regular exercise training is suggested preventing or delaying symptoms and complications of type 2 diabetes along with other medical treatments. It has become necessary to develop new rehabilitation models and practices in order to cope with the changing population needs. Treatment models applied with the use of technology can be effective in disease management. Telerehabilitation may be effective to part of the rehabilitation program to the home environment, especially for patients who are unable to participate in conventional center-based rehabilitation due to transport difficulties or work resumption. Tele-rehabilitation is defined as the

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## Telerehabilitation Intervention to Promote Exercise for ... [翻译此页](#)

The overarching objective of this study is to adapt a low cost telephone intervention to be used to enhance exercise adoption in a population of overweight or obese veterans with type 2 diabetes. The primary aim of this study is to implement and evaluate the effectiveness of this telehealth intervention over a six month period.

<https://www.clinicaltrials.gov/ct2/show/NCT00334113> ▾

## Interventions for self-management of type 2 diabetes: ... [翻译此页](#)

Cited by: 2

Author: Roger Carpenter, Toni DiChiacchio, Kendr...

Publish Year: 2019

位置: 8600 Rockville Pike, Bethesda, MD

2019-1-10 · Psychological interventions for type 2 diabetes control: HbA1c, blood glucose, anxiety, depression, & QOL. 33 studies of adults (out of 45 studies) used CBT as an intervention in relation to diabetes control in type 2 diabetes. CBT was more effective than the control condition in reducing HbA1c (SMD = -0.97), depression, and anxiety.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6608673>

## Effectiveness of Lifestyle Intervention for Type 2 ... [翻译此页](#)

Author: Linda M. Delahanty, Douglas E. Levy, ...

Publish Year: 2020

2020-1-21 · 1. J Gen Intern Med. 2020 Jan 21. doi: 10.1007/s11606-019-05629-9. [Epub ahead of print] Effectiveness of Lifestyle Intervention for Type 2 Diabetes in Primary Care: the REAL HEALTH-Diabetes Randomized Clinical Trial.

<https://www.ncbi.nlm.nih.gov/pubmed/31965526>



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## Telerehabilitation Intervention to Promote Exercise for ...

<https://www.clinicaltrials.gov/ct2/show/NCT00334113>

An **automated telephone intervention** will be developed that can be used to enhance **exercise adoption** over a twelve month period in a population of overweight or **obese veterans** with **Type 2 diabetes**.

## Promoting Physical Activity in Individuals With Diabetes ...

<https://spectrum.diabetesjournals.org/content/24/3/127>

Aug 01, 2011 · "Health is the vital principle of bliss, and exercise, of health." —**James Thomson**, 18th century **Scottish poet** **Exercise** is considered a crucial component of **disease management** for individuals with **type 2 diabetes**, and it is associated with extensive health and mental health benefits.

Cited by: 6

Author: DeAnna L. Mori, Amy K. Silberbogen, Alli...

Publish Year: 2011

## Telerehabilitation for Stroke Survivors: Systematic Review ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6250558>

Oct 26, 2018 · Of these, **2** these studies showed no significant difference between the **telerehabilitation** and usual care groups in terms of patient satisfaction scores [9,17]. While Piron et al randomized 10 patients into a virtual reality virtual reality-**telerehabilitation** group and virtual reality hospital-based **intervention**.

Cited by: 2

Author: Huidi Tcherro, Maturin Tabue Teguo, Annie...

Publish Year: 2018

## Interventions for self-management of type 2 diabetes: An ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6608673>

Jan 10, 2019 · Psychological interventions for Type 2 diabetes control: **A1c, blood glucose, weight, BMI, & psychological distress**. 23 studies of **adults** (out of 25 studies) used **CBT** as an intervention in relation to diabetes control in **type 2 diabetes**.

Cited by: 2

Author: Roger Carpenter, Toni DiChiacchio, Kend...

Publish Year: 2019

## Five effective interventions for type 2 diabetes

<https://www.healio.com/endocrinology/diabetes...>