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Manuscript Type: Original Article

Randomized Clinical Trial

Buddy Study: Partners for better health in adolescents with type 2 diabetes

Allison C Sylvestsky Meni, Radha Nandagopal, Tammy Nguyen, Marisa Abegg,
Mahathi Nagarur, Paul Kaplowitz, Kristina I Rother

Abstract

AIM: To investigate whether assigning young, healthy and motivated lay volunteer partners ("buddies") ¹³ to adolescents with type 2 diabetes improves hemoglobin A1c (HbA1c).

METHODS: Adolescents with type 2 diabetes were randomized to partnering with a "buddy" or to conventional treatment. During the initial screening visit, which coincided with a routine outpatient diabetes clinic visit, patients with type 2 diabetes underwent a physical examination, detailed medical history, laboratory measurement of HbA1c, and completed two questionnaires (Pediatric Quality of Life Inventory (PedsQL) and Children's Depression Inventory (CDI) to assess their overall quality of life and the presence of depressive symptoms. Patients were then randomized to the

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