



CALL FOR COLLABORATION

within a project of the Medical University of Lodz, Poland titled:

“Knowledge, habits and experiences concerning safety of alcohol consumption by patients with type 1 diabetes (T1D) – survey study backed with CGM data sharing”

Alcohol consumption poses a serious challenge for people with type 1 diabetes (T1D) of all ages. Even though most diabetes care teams adopt a realistic advisory approach rather than impose an absolute ban – the evidence about the alcohol impact on glucose variability and thus material for education remains scarce. To answer this issue, we are planning a study to collect a real-life picture of people with T1D in terms of their:

- **patterns of alcohol consumption,**
- **knowledge about alcohol`s effect on glucose variability (GV),**
- **strategies undertaken to ensure safe glucose levels,**
- **personal experience concerning alcohol consumption events.**

We will collect data using an anonymous online questionnaire which is aimed to reach a vast (1000+) number of respondents from the international T1D community (age 16-30y.o.). Furthermore, we intend to provide an opportunity for responders who use continuous glucose monitoring (CGM) on a daily basis to share their CGM data from alcohol consumption events with us. This will hopefully let us validate the results from the survey, as well as study alcohol-associated glycemic changes in a more detailed, unbiased way. Overall, our findings are likely to provide clinically-relevant insight into the profile of modern adult T1D community in terms of alcohol consumption patterns, knowledge and experience, as well as suggest possible strategies to help making moderate alcohol use safe and non-disturbing to glucose control.

We are currently looking for ways to improve on our study methodology, enhance research tools and increase the project`s reach to make the results robust and externally valid. To achieve this, we invite any willing JENIOUS members to collaborate with us in the following areas:

1. feedback on suitability and utility of the questions (concerns the primary draft of the questionnaire in English)
2. preparation of non-English language versions of the final questionnaire tailored for different communities/cultural circles and their alcohol consumption habits
3. small-scale validation of the final draft of questionnaire (language specific) among your patients
4. survey distribution to people with T1D across different countries



If you want to become a part of this project, please contact us and let us know how would you like to contribute. **All collaborators will be acknowledged in the future publications based on their input.** Those who contribute considerably* will be invited to co-author the first paper from the study on the following conditions:

- Up to two co-authors from each centre.
- First and last/corresponding authorship are reserved by Medical University of Lodz.
- Authors need to review the collected data and results by **at least** reading and accepting the manuscript draft before publication.

Subsequently, co-authors will receive full access to raw data generated by the study (including processed, anonymized CGM files) for their own research projects. Future publications from such sub-studies will feature at least one collaborator from Medical University of Lodz, with other authors and author order based on their contribution decided by the leading investigator (no first/last/corresponding authorship reserved).

Those who cannot be offered full authorship based on their contribution** will be appreciated by name and affiliation (if they so desire) in the acknowledgement section of any future paper.

* - e.g. contribution toward preparing and deploying a non-English questionnaire version or consultation leading to major changes in the primary questionnaire

** - e.g. contribution limited to distribution of questionnaire link among T1D communities or questionnaire consultation that leads to no or only minor changes in the draft

Contact details:

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**WE LOOK FORWARD TO WORKING WITH YOU AND TOGETHER
IMPROVING DIABETES CARE!**