

## Psychology and diabetes care : a practical guide

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20426039&lokasi=lokal>

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### Abstrak

Psychology and diabetes care : a practical guide is a concise handbook for the practicing diabetes clinician who is interested in gaining a better understanding of his patients, and in learning simple skills and tips to manage patients more effectively. It identifies and explores key psychological interventions in diabetes care in order to help healthcare professionals support their patients effectively. Edited by an expert on the psychology of diabetes, and with contributions from a group of specialists in diabetes psychology, this book contains a myriad of insights into how to understand and treat the type 1 or type 2 diabetes patient.