


## Assessing Outcomes in Diabetes Studies from the Patient's Perspective: The Diabetes Health Profile

The Diabetes Health Profile (DHP) is a multidimensional, diabetes-specific, patient self-report outcome measure of the psychological and behavioural impact of living with diabetes. The DHP was designed to measure the impact of diabetes in a variety of settings, from clinical practice, population surveys to clinical trials. It is simple to complete and score.

By the time you've finished reading this poster...



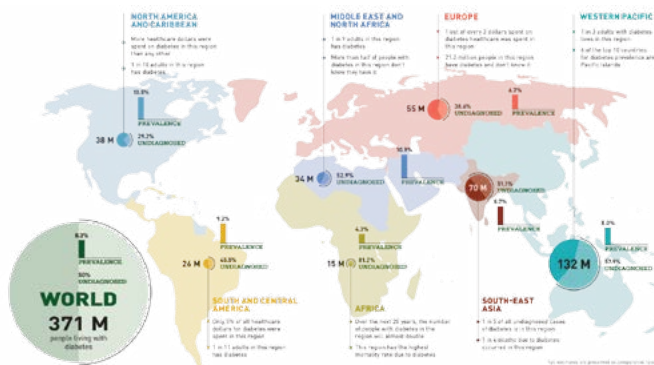
...one more person in Britain would have been diagnosed with diabetes

The ability to measure the benefit of interventions in diabetes is becoming of greater importance, and healthcare providers and medical product companies are increasingly interested in measuring the patient's perspective of healthcare pathways or specific interventions.



Some key attributes of the DHP which make it suitable for use in clinical trials include:-

- Content reported by patients as highly relevant to living with diabetes
- The exclusion of skip and hypothetical questions
- The use of straight-forward language and simple phrasing
- Simple scoring algorithm
- Easy to complete / Low respondent burden (approx. 6 minutes to complete)
- Norm-referenced database
- Supported by a comprehensive user manual
- Available in over 30 different translations
- Support and advice in the use and analysis of the DHP available from the developer



Reference: IDF Diabetes Atlas 15th edition/  
<http://www.diabetesatlas.org/>

### Diabetes health Profile conceptual framework

The DHP-18 has proven measurement properties and measures three distinct aspects of living with diabetes:

- Psychological distress
- Barriers to activity
- Disinhibited eating

It includes a measurement of dysfunctional eating behaviour, which despite its importance in the management of diabetes is absent in other scales.

The DHP-18 is suitable for use with people with Type 1 as well as Type 2 diabetes. This makes it a valid instrument for routinely measuring patient reported outcomes in diabetes studies.

The DHP-18 has therefore been used in numerous clinical trials with pharmaceutical companies, and it has been adapted to various modes of administration to best suit the conditions of the trial.



**Dr Keith Meadows, Director DHP**  
 Research and Consultancy Ltd, and DHP author  
[info@dhpresearch.com](mailto:info@dhpresearch.com)



**Dr David Churchman**  
 Business Lead for Oxford University Innovation  
 Clinical Outcomes  
 Oxford University Innovation  
[david.churchman@innovation.ox.ac.uk](mailto:david.churchman@innovation.ox.ac.uk)

