

## ResearchOne Data Service, 2015/16 – YHAHSN-Funded Projects

### Lay Abstract

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### Outcomes and care provision for people with severe mental illness and comorbid diabetes in England – a longitudinal comparative observational study

The aim of our study is to understand the relationship between diabetes and severe mental illness, and identify factors that help to improve diabetes outcomes for this patient group.

People with a mental illness like schizophrenia or bipolar disorder are more than twice as likely to have diabetes compared to the general population, and have a lower life expectancy by around 15 years. Whilst we know that diabetes is partly to blame, little is known about why individuals with co-existing diabetes and severe mental illness have such poor outcomes. There is also limited understanding of how diabetes is treated and monitored in this population, and how this might contribute to their lower life expectancy. This understanding is crucial if we are to develop interventions and services that will improve their health and wellbeing.

This study will use routinely collected patient data in primary and secondary care to examine the characteristics, outcomes, care pathways and costs for people with co-existing severe mental illness and diabetes. The study will compare this patient group to people who have diabetes but no mental illness to understand why individuals with both conditions have poorer health. We will also examine differences within the severe mental illness population to identify factors that may help to improve diabetes outcomes in this patient group.

Study findings will be published and shared with organisations which support people with mental illness and diabetes. Findings will also inform the development of interventions to support this patient group, which is the aim for the DIAMONDS (**D**iabetes and **M**ental Illness: Improving **O**utcomes and **S**ervices) research programme. Our panel of service users has provided input on the aims for this study. Their involvement throughout will help to ensure we remain focused on the needs of people with mental illness and their carers.

DIAMONDS Website: [www.diamonds.nihr.ac.uk](http://www.diamonds.nihr.ac.uk)