

# Filling Gaps in Type 1 Diabetes and Exercise Research: A Scoping Review and Priority-Setting Project

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## For which topic were research priorities identified?

diabetes type 1

## In which location was the research priority setting conducted?

North America - Canada

## Why was it conducted at all?

Patients with T1D have previously been involved in a range of patient engagement (PE) or priority-setting activities to optimize blood glucose self-management and overall health. Notably, these studies have not centred on exercise research. The current status of PE in setting priorities for and conducting research within exercise science for patients with T1D remains relatively unknown.

## What was the objective?

to identify the most important questions about exercise and health for individuals with type 1 diabetes

## What was the outcome?

a ranking list of 10 research questions

## How long did the research prioritization take?

No information provided.

## Which methods were used to identify research priorities?

JLA method

## How were the priorities for research identified exactly?

Step 1: scoping review of exercise training randomized trials for patients with T1D to map patient engagement within recent trials, primary question guiding for review was: Is there evidence of patient perspectives being incorporated in developing or implementing long-term exercise training trials for individuals with T1D?. Step 2: survey: collecting research questions: survey asking participants: "What questions about physical activity and T1D would you like to see answered by research?", 194 questions submitted. Step 3: data processing: long list of 38 research questions was developed and checked against evidence. Step 4: interim ranking: 38 long-listed questions were distributed to the steering group members, members reviewed the list and ranked their top 10 questions, resulting in shortlist of 24 questions. Step 5: final prioritization: workshop: workshop began with an independent prioritization activity, participants were asked to individually select their top and bottom three questions from the short list, small group discussions, small group exercises were repeated three times with different group members, research team collated rankings from all groups after each round and presented results, after rounds two and three each member anonymously rated their level of agreement to determine the level of consensus across all committee members

## Which stakeholders took part?

Patients, caregivers and healthcare providers. Survey: 115 participants: 73.9% patients with T1D, 15.7% caregivers, 7% friends, 12.2% healthcare members of the steering group. Workshop: 11 members of the steering group.

## How were stakeholders recruited?

Survey respondents were recruited through communications from partnered diabetes advocacy organizations (JDRF, Diabetes Canada and Diabetes Action Canada), a paid social media advertising campaign and posters in diabetes clinics or wellness centers in several urban centers throughout Canada.

## Were stakeholders actively involved or did they just participate?

Stakeholders not only participated but were also actively involved in the research prioritization process: They were part of a steering group. The steering group consisted of 12 members (8 patients, 3 caregivers, 4 healthcare providers).