

Oxford Journals > Medicine > Journal of Pediatric Psychology > Volume 32, Number 2 > Pp. 178-188

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**Journal of Pediatric Psychology Advance Access originally published online on May 22, 2006**

Journal of Pediatric Psychology 2007 32(2):178-188; doi:10.1093/jpepsy/jsj122

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## Decision-Making Competence and Adherence to Treatment in Adolescents with Diabetes

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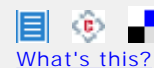
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## ▶ Abstract

**Objective** To examine decision-making competence (the ability to form effective plans for managing different situations) in a sample of adolescents with type I diabetes and their parents. We hypothesized that adolescent decision-making competence would mediate the relationship between parent–adolescent communication and adherence to treatment.

**Methods** The sample consisted of 63 adolescents and their parents. Parent–adolescent communication during a problem-solving task was assessed, as well as adolescent maladaptive decision-making (adolescent report), adherence to treatment (parent and provider report; number of glucose tests), and metabolic control (HbA1C). **Results** Parent–adolescent


communication was associated with adherence to treatment but not with adolescent decision-making. Poorer decision-making was associated with lower adherence per parent report but not provider report or the number of glucose tests. Decision-making competence did not mediate the relationships between parent-adolescent communication and adherence. **Conclusions** These results are consistent with prior research demonstrating associations between parent-adolescent communication and adherence and identify adolescent decision-making competence as another potentially important correlate of adherence. These findings highlight several areas for future research.


**Key words:** adherence; decision-making; parent-adolescent communication; type I diabetes.


*Received August 25, 2005; revision received December 9, 2005; revision received March 31, 2006; accepted April 12, 2006*

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