

Table 1

Description of the CBT Sessions

Session	Theme	General Content	Diabetes issues incorporated
1	Introduction to CBT	Getting to know the group Therapy Rules	Meeting other adolescents with diabetes
2-5	How our thoughts affect our mood	What is depression? Types of thoughts people have when they are depressed How to increase positive thoughts How to talk back to negative thoughts	The relationship between diabetes and your mood Symptoms diabetes and depression can have in common Distorted or maladaptive thoughts related to diabetes
6-9	How our activities affect our mood	Planning pleasant activities Organizing your time Setting realistic goals	Diabetes as an obstacle to enjoying pleasant activities Planning activities taking into consideration diabetes management Setting goals for improving diabetes self-care Dealing with diabetes "burn out"
10-11	How our relationships affect our mood	Social support networks Meeting new people Communication skills Being assertive	Network of support for diabetes care Talking to others about your diabetes Issues relevant to adolescence and their impact on diabetes (i.e. peer pressure, alcohol and drug use, sex)
12	Closure	Review and evaluate previous sessions Feedback Termination issues	Share a "diabetes friendly" meal