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## **The Dose Adjustment For Normal Eating (DAFNE) project: the end of the diabetic diet in Type 1 diabetes.**

### **The DAFNE Study Group**

**Aim:** Current treatment of Type 1 diabetes in the UK, fails to engage patients and is associated with poor glycaemic outcomes and reduced quality of life. We tested the feasibility of a German approach involving an unrestricted diet plus skills training to adjust insulin to maintain glycaemic control.

**Method:** We randomised 169 adults with Type 1 diabetes in 3 centres to either undergo 5 days outpatient training immediately, (immediate DAFNE (ID)) or be controls (delayed DAFNE (DD)), delaying training for 6 months. Biomedical and psychological outcomes (impact of diabetes on QoL (ADDQoL), treatment satisfaction (DTSQ), well-being (W-BQ12)) were compared at baseline, 6 and 12 months (3x2 mixed design ANOVA with quadratic planned comparisons).

**Results:** HbA1c improved 6 months after training (ID and DD) and was partially maintained at one year (ID) ( $F=57.2, p<0.0001$ ) (mean $\pm$ SEM): 6 months:  $-1.0\pm 0.1\%$ ,  $p<0.0001$ ; 12 months:  $-0.5\pm 0.2\%$ ,  $p=0.001$ ). ADDQoL scores showed a similar pattern of improvement (e.g. dietary freedom item:  $F=54.6, p<0.0001$ ), fully maintained at 1 year as were DTSQ ( $F=125.9, p<0.0001$ ) and W-BQ12 ( $F=40.3, p<0.0001$ ). Severe hypoglycaemia, weight and lipids remained unchanged.

**Conclusion:** The principles of intensive flexible insulin therapy with an unrestricted diet translate well to people with Type 1 diabetes in the UK, resulting in improved glycaemic control and quality of life and should be more generally available.