

## The Effect of Parental Monitoring on Diabetes Management in Adolescents: A Systematic Review of the Literature

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**Objective:** Adolescents with Type 1 Diabetes require parental guidance when it comes to the management of their glycemic control. Little is known regarding how parental monitoring affects adolescents' diabetes control. A systematic review of the literature was performed to gain more insight into how parental monitoring influences glycemic control in adolescents with Type 1 Diabetes. **Methods:** Databases used to identify articles included: CINAHL, PsycINFO, and Web of Science. Search terms used were *teenagers, adolescents, young adults, Type 1 Diabetes, parental monitoring, diabetes management* and *glycemic control*. Inclusion criteria included: peer-reviewed research articles published between 2000 and 2013; involved a sample of adolescents (ages 8-18); conducted in the United States; written in English; and identified parental monitoring as the main independent variable. **Results:** Nine studies met the inclusion criteria. Six studies were longitudinal and three were cross-sectional. Seven studies collected data from the adolescent and parent while the other two studies collected data only from the adolescent. Sample sizes ranged from n=81-376. The most common glycemic control outcome factors measured were: hemoglobin A1C scores, adherence and glucose monitoring. Findings showed that parental monitoring is positively associated with adolescents' adherence to diabetes management. There was mixed evidence regarding the father's role. One study showed the father's parental monitoring had significant impact on the adolescent adherence and A1C scores; however, another study reported the opposite. Overall, adolescents' perception of positive parental monitoring provided better adherence. **Conclusion:** From the nine studies reviewed, it seems that there is some evidence that parental monitoring is positively associated with beneficial outcomes in glycemic control. However, future research is needed and should examine long-term effects of parental monitoring. Additionally, greater attention is needed on diverse populations such as single parent homes, families from different ethnic backgrounds, families of differing socioeconomic statuses and adolescents without parental figures.

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