Managing Diabetes in the Real World Study

**Category**  
Diabetes

**Enrollment Closing Date**  
Apr 30, 2026

**Description**  
The VA San Diego Healthcare System is conducting a research study to understand how stress, relationships, and psychological factors impact the management of veterans with Type 2 Diabetes. This study involves filling out questionnaires, a light activity test, and wearing a glucose monitor and activity tracker for 14 days while remotely answering survey questions on your phone each day.

**Requirements**  
1. Veteran  
2. Adults > 18 years old  
3. Can walk with or without a cane  
4. Diagnosis of Type 2 Diabetes Mellitus  
5. Fluency in English  
6. Able to provide informed consent

**Benefits**  
Get up to $200 in compensation for answering surveys and wearing the activity tracker. The findings may inform clinical decisions by considering barriers to self-management.

**Contact Information**

**Name**  
Jorge Delgado

**Phone**  
858-642-6410

VA San Diego Healthcare System  
IRB NUMBER: H210156  
IRB APPROVAL DATE: 01/10/2024