



Managing Diabetes in the Real World Study

Category

Diabetes

Enrollment Closing Date

April 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