











of those languages by administering the questionnaire to them verbally. However, this could have led to possible inaccuracies in some of the data gathered. Tools for accurate feedback collection need to be developed in order to better gauge the impact of group meetings.

The results from our pilot program implemented at Christian Medical College suggest that peer group support has the potential to significantly improve social wellbeing and diabetes management of people with Type 1 DM. Combined with an appropriate insulin regimen, a motivated healthcare team, and sufficient organizational and financial resources, peer support can likely prove highly promising, especially when applied to participants living in settings where prevalent negative social appraisal against diabetes makes it difficult for them to otherwise meet their social needs. We believe that our initiative will serve to motivate other health centers to take steps towards implementing similar peer support group models as a tool for empowering their patients and helping them to more successfully manage living with diabetes.

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## Novelty Statement

- There is a paucity of research into the effectiveness of peer support for people with Type 1 diabetes mellitus living in non-Western settings where diabetes-related stigma is prevalent
- This is a first-of-its-kind pilot study in which a peer support intervention was designed and provided to patients with Type 1 diabetes mellitus in India in order to evaluate its effectiveness
- Our data suggest that peer support may significantly improve their social wellbeing and glycemic control
- May be reproducible for people with Type 1 diabetes mellitus in low- and middle-income countries.

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