Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Philosophy in Nursing

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MSN-FNP in Nursing, August, 2013, Southeast Missouri State University
BSN in Nursing, June, 2007, University of Washington – Bothell

The Influence of Stressful Life Events on the Development of Type 2 Diabetes

Date: March 25, 2019
Time: 3:00pm-5:00pm.
Place: 312 Seton Hall

Abstract
This study examined the relationship between distress and the development of Type 2 diabetes mellitus (T2DM) in the presence of established risk factors. Distress secondary to mental health disparities, stressful life events, and work conditions has been shown to promote insulin resistance and the development of T2DM.

Subjects (N=79) diagnosed with T2DM within the previous 6 months were recruited from SSM Health Centers and VA Medical Centers in the greater St. Louis area. They completed the Recent Life Changes Questionnaire, ENRICHED Social Support Instrument, and a demographic survey and analyses were conducted to determine differences between the veteran and non-veteran subsamples, as well as determine the influence of distress and social support in the presence of established risk factors – age, BMI, and genetic risk for diabetes.

The average subject’s hemoglobin A1c (HbA1c) was 8.3%, BMI was 34.1, had no history of mental illness, an ESSI score of 15, and an RLCQ score of 297.6 LCU. Age and BMI were significant ($\beta=-.241, p=.031$ and $\beta=-.293, p=0.10$, respectively) while distress was not significant ($\beta=-.040, p=.721$). While the mean HbA1c for the subgroups were significantly different, the differences in age, BMI, and RLCQ scores were not significantly different.

Defense of Dissertation Committee
Roberta Lavin, Ph.D.
Roxanne Vandermause, Ph.D.
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