

Journal Articles:

Robinson, D.J., Hanson, K., Jain, A., **Kichler**, J.C., Mehta, G., Melamed, O., & Vallis, M. (2023). Diabetes Canada 2023 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: Diabetes and Mental Health. *Canadian Journal of Diabetes*. <https://doi.org/10.1016/j.jcjd.2023.04.009>.

Description: Contributed as a co-author to the significant revision of the Clinical Practice Guidelines for Canada in addressing mental health and diabetes across the country. The last update was in 2018. My area of focus was on children and adolescents with type 1 and type 2 diabetes, diabetes and pregnancy, diabetes and suicide, and diabetes stigma.

Sanmugalingham, G., Mok, E., Cafazzo, J. A., Desveaux, L., Brazeau, A. S., Booth, G. L., Greenberg, M., **Kichler**, J., Rac, V. E., Austin, P., Goldbloom, E., Henderson, M., Landry, A., Zenlea, I., Taylor, M., Nakhla, M., & Shulman, R. (2023). Text message-based intervention, Keeping in Touch (KiT), to support youth as they transition to adult type 1 diabetes care: a protocol for a multisite randomised controlled superiority trial. *BMJ Open*. <https://doi.org/10.1136/bmjopen-2022-071396>.

Description: Contributed as a co-author on a manuscript outlining the protocol for a novel text-based intervention for youth with type 1 diabetes while they are in the process of transitioning from pediatric to adult health care settings. I helped craft the psychosocial text messages to help with coping, problem-solving, and adjustment to diabetes management during this time period.

Kichler, J.C., Gyemi, A., Papak, R., Tapp, K., Grandi, B., and Lucier, K. (2023). I'll just forever be that person who stands in the middle of the dance floor drinking a juice box": Supporting the Transition to Adulthood with Type 1 Diabetes in a Post-Secondary University/College Setting. *Diabetes Spectrum*. <https://doi.org/10.2337/ds22-0077>.

Description: As the principal investigator and lead author for this project, which was funded by the University of Windsor's Research Grants for Women, this is the results of the thematic analysis of the systemic barriers and personal facilitators to transitioning to a post-secondary setting for students with type 1 diabetes. The co-authors are all students at the University of Windsor.

Kichler, J.C. (2022). Editorial: A paradigm shift in the evaluation of behavioural interventions for diabetes: Promotion of sustained behaviour change in clinical practice. *Canadian Journal of Diabetes*. <https://doi.org/10.1016/j.jcjd.2022.12.001>.

Description: Was invited to provide and editorial article as part of a larger mental health issue of the Canadian Journal of Diabetes to integrate the articles published in that volume so that readers could really start to think about how patient-centered approaches are needed at a systemic level to create behaviour change over time.

Corathers, S., Williford, D., **Kichler**, J., Smith, L., Ospelt, E., Rompicherla, S., Roberts, A., Prahalad, P., Basina, M., Munoz, C., & Ebekozen, O. (2022). Implementation of psychosocial screening into diabetes clinics: Experience from the Type 1 Diabetes Exchange Quality Improvement Network. *Current Diabetes Reports*. <https://doi.org/10.1007/s11892-022-01497-6>.

Description: This manuscript examines patient reported outcome measures (PROMS) across multiple diabetes clinics and the processes of implementing these into standard clinical practice in the US. As a co-author and contributor to the implementation of these screeners previously, I contributed to the translation of these practices more broadly across the US.

Schmidt, M., Lu, J., Lou, W., Cheng, L., Lee, M., Huang, R. Weng, Y., **Kichler**, J.C., Corathers, S.D., Jacobson, L.M., Albanese-O'Neill, A., Smith, L., Westen, S., Gutierrez-Colina, A.M., Heckman, L., Wetter, S.E., Driscoll, K.A., & Modi, A. (2022). Learning experience design of an mHealth self-management intervention for adolescents with type 1 diabetes. *Educational Technology Research and Development*. <https://doi.org/10.1007/s11423-022-10160-6>.

Description: This publication details the development of an mHealth platform to increase diabetes self-management skills for adolescents with type 1 diabetes, especially for those with stress/burnout and executive functioning difficulties. I am a co-applicant on this NIDDK/NIH funded grant and serve as a clinical supervisor for one of the intervention arms of the randomized-control trial.

Sartean, A.C., Kahkoska, A.R., Crandell, J., Igudesman, D., Corbin, K.D., **Kichler**, J.C., Maahs, D.M., Muntis, F., Pratley, R., Seid, M., Zaharieva, D., Mayer-Davis, E. (2022). More hypoglycemia not associated with increasing estimated adiposity in youth with type 1 diabetes. *Pediatric Research*. <https://doi.org/10.1038/s41390-022-02129-1>

Description: This article is a sub analysis from the Flexible Lifestyles Empowering Change (FLEX) grant, which was funded previously by NIDDK/NIH. We were exploring the relationship between hypoglycemia and body composition for adolescents with type 1 diabetes from our large dataset. I was a Co-Investigator and clinical supervisor for the intervention arm of the randomized-control trial.

Irwin, A., Igudesman, D., Crandell, J., **Kichler**, J., Kahkoska, A.R., Burger, K., Zaharieva, D.P., Addala, A., Mayer-Davis, E.J. (2022). Mindfulness, disordered eating, and impulsivity in relation to glycemia among adolescents with type 1 diabetes and suboptimal glycemia from the Flexible Lifestyles Empowering Change (FLEX) Intervention Trial. *Pediatric Diabetes*.

<https://doi.org/10.1111/pedi.13334>

Description: This article is a sub analysis from the Flexible Lifestyles Empowering Change (FLEX) grant, which was funded previously by NIDDK/NIH. We were exploring the relationship between mindfulness and eating behaviours in adolescents with type 1 diabetes from our large dataset. I was a Co-Investigator and clinical supervisor for the intervention arm of the randomized-control trial.

Edited Book:

Driscoll, K. and Hilliard, M. *Type 1 Diabetes Mental Health Workbook: A Practical Resource for Providing Behavioral and Mental Health Support to Young People with Type 1 Diabetes, and Their Families*. 2023. Contributing authors: Gallagher, K., **Kichler**, J., Monaghan, M., Naranjo, D., O'Donnell, H., & Westen, S. Arlington, VA. American Diabetes Association.

<https://shopdiabetes.org/products/type-1-diabetes-mental-health-workbook>

Description: As a contributing author, we created a clinician workbook for mental health practitioners to have tools when working with youth who have type 1 diabetes in managing the psychosocial aspects of the condition. I contributed to the sections on coping with a new diagnosis, managing pain, and needle issues associated with diabetes.

Submitted Abstract:

Corathers, S.D., Desai, R., Jones, R., Kaplan, K., Jolly, M., **Kichler**, J. Sustained Quality Improvement implementation of a transition preparation program for adolescents and emerging adults with type 1 diabetes. Submitted to the T1DX-QI Learning Sessions to be held in November 2023 and to be published in the *Journal of Diabetes*.

Description: This abstract outlines the quality improvement benchmarks and clinical outcomes related to the implementation of a targeted transition-readiness program in a pediatric diabetes clinic for youth with type 1 diabetes. I was part of the original development of these interventions and recommendations for other diabetes clinics around the country.