

**D43 Thailand Training Grant/P20 Complexity and Self-management
Grant**

MONTHLY SEMINAR SERIES

**Diabetes Self-management Support Delivered
via mHealth**

James E. Aikens, PhD

Associate Professor

Department of Family Medicine
University of Michigan Medical School

Date: Wednesday, March 23, 2016

Time: Noon

Location: 400 N. Ingalls, room 1330

Cookies!

Dr. Aikens' research revolves around the use of communication technology to support patients and their caregivers in chronic illness self-management, particularly within settings challenged by disparities due to minority race/ethnicity, underinsurance, and poverty. He currently direct an effectiveness trial that is testing an mHealth-based system to enhance family members' support of diabetes patients' self-management. He also directs a second randomized controlled trial that is testing whether automated telephonic self-management support for patients and their caregivers improves outcomes in primary care depression. Additionally, he is interested in developing self-report instruments, and investigating heterogeneity in depression treatment response. His other roles include practicing clinical psychology within a primary care setting, and serving as Editor-in-Chief of the Sage journal *Chronic Illness*.