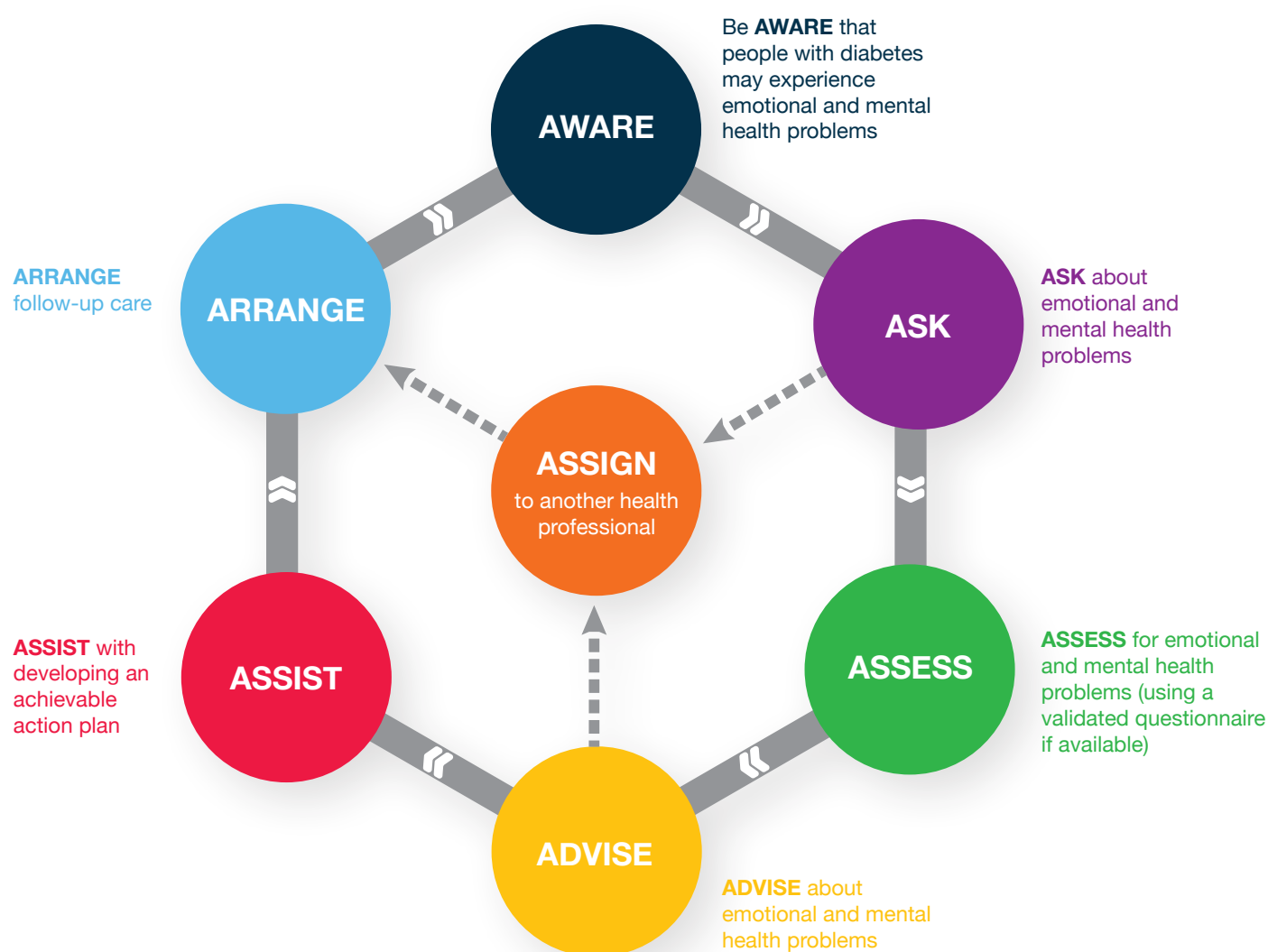


## The 7A's Model

The 7A's model can be used in diabetes consultations to identify, address and communicate about emotional and mental health problems in diabetes.

A flexible and dynamic model, the seven-step process can be applied in clinical practice as part of a person-centred approach. Emotional and mental health problems that can be addressed using this model include diabetes distress, anxiety disorders, depression, fear of hypoglycaemia, psychological barriers to using insulin and eating problems. When applying the model in clinical practice, health professionals need to take into account their own characteristics (eg role, qualifications, skills) and the context (eg needs and preferences of the person with diabetes, the severity of the problem, the setting and resources).



For more information on the 7A's model go to [ndss.com.au](http://ndss.com.au)

(scan QR) and download the Diabetes and emotional health practical guide: Hendrieckx C, Halliday JA, Beeney LJ, Speight J. Diabetes and emotional health: a practical guide for health professionals supporting adults with type 1 or type 2 diabetes. Canberra: National Diabetes Services Scheme, 2nd edition, 2020



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