



Diabetes: annual psychological assessment (children T1DM)

NICE indicator

Published: 16 April 2025

www.nice.org.uk/indicators/ind313

This other replaces IND57.

Indicator

Proportion of children and young people aged under 18 years with type 1 diabetes who have received a psychological assessment in the previous 12 months.

Indicator type

Network / system level indicator. The indicator would be appropriate to understand and report on the performance of networks or systems of providers.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

Rationale

Children and young people with diabetes are at high risk of anxiety and depression. Psychological issues (such as anxiety, depression, behavioural problems, eating disorders, conduct disorders and family conflict) and psychosocial issues have a significant and adverse impact on the management of diabetes, and on the general wellbeing of children and young people and their family members or carers. This indicator aims to ensure that psychological needs are assessed annually to identify if any psychological interventions are required.

Source guidance

[Diabetes \(type 1 and type 2\) in children and young people: diagnosis and management. NICE guideline NG18 \(2015, updated 2023\), recommendations 1.2.103, 1.2.106 and 1.2.107](#)

Specification

Numerator: The number of people in the denominator who had a psychological assessment in the previous 12 months.

Denominator: The number of children and young people aged under 18 years with type 1 diabetes.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: None.

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines, does not attend or if psychological assessment is

not appropriate.

Data source: National Paediatrics Diabetes Audit.

Expected population size: The National Paediatric Diabetes Audit for 2023 to 2024 shows that 0.04% of people in England are aged under 18 years with type 1 diabetes: 4 per 10,000 patients served by a network. There is no minimum number of patients required for network level indicators. However, consideration should be given to whether the majority of results would require suppression because of small numbers.

ISBN: 978-1-4731-6964-7