and skills. Distribution and implementation will be further evaluated.

Conclusions: SeCZ Talk is a promising tool that helps to facilitate much needed communication about sexuality with adolescents with chronic conditions.

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PREDICTORS OF ADHERENCE IN SMALL CHILDREN WITH TYPE 1 DIABETES

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Aims: Although type 1 diabetes incidence is increasing in younger children, they are neglected in paediatric adherence research despite the fact that younger children are more vulnerable medically, less capable of managing their disease, and parents have enormous caretaking responsibilities. We investigated the predictors of treatment adherence in young children with type 1 diabetes.

Methods: Mothers of 65 children aged 2 to 8 years were interviewed about children's diabetes care (e.g., injections, diet). Nutritional analyses were conducted to assess children's extrinsic sugar consumption (e.g., confectionary). Mothers completed assessments of diabetes knowledge, parenting stress, family functioning and child psychological adjustment. Demographic and medical information was also collected.

Results: More relationship difficulties and less frequent blood glucose monitoring predicted higher % energy intake from extrinsic sugars. The blood glucose monitoring and dietary regimens showed greater adherence variability than medical treatment components such as injection frequency. Better maternal diabetes knowledge correlated with less injection time variability, more frequent blood glucose monitoring, lower % energy intake from extrinsic sugars, lower HbA1c levels, and fewer relationship difficulties. Longer diabetes duration, greater injection time variability, and higher % energy intake from extrinsic sugars predicted less frequent blood glucose monitoring.

Conclusion: Healthcare professionals can facilitate treatment adherence through provision of socioemotional, educational, and practical support. Findings show that

- 1) healthcare professionals should be sensitive to the differential caretaking challenges presented by different components of treatment,
- 2) education is related to better outcomes, and
- 3) interventions should target the blood glucose monitoring and dietary regimens in particular.

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QUALITY OF LIFE IN GREEK CHILDREN WITH ASTHMA

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Background: Asthma is a multisymptomatic and multifactorial disease with a various therapeutic approach that can have a substantial effect on quality of life (QoL).

Aim: To evaluate the QoL in children with asthma in Greece and to describe the impact of asthma and its treatment on the child's well-being.

Methods: The study participated 504 asthmatic children and one of their parents. QoL was assessed with DISABKIDS-Smile measure for children aged 4-7 years and with DISABKIDS DCGM-37 and Asthma Module for children 8-14 year old, along with special forms for demographic and clinical data.

Results: 315 children (122 girls, 193 boys), 4-7 years old (Group A) with mean age 5.35 years and 189 children (8-16 years old) with mean age of 10.22 years (Group B) participated the study. Age of diagnosis, treatment duration, mother's educational level and level of asthma control were found to have positive effect on children's QoL. On the contrary, passive smoking (especially when the mother was a smoker), presence of pets or animals, the level