

# Experience of Transition from Adolescents with Type 1 Diabetes to Adults: A Meta-Synthesis of Qualitative Research

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## Abstract

**Aim** To systematically evaluate qualitative studies on the experience of transition from pediatric to adult diabetes care for type 1 diabetes. **Design** Qualitative Meta Synthesis. **Methods** The search terms included four main categories: diabetes, transition, experience, and qualitative studies. A total of 1214 studies were identified through the database search, and a total of 9 studies met all of the inclusion criteria for this review. **Data sources** The following nine electronic databases were searched: PubMed, Web of Science (Core Collection), The Cochrane Library, Embase, CINAHL, Psycinfo and CNKI, WanFang and Vip. The search period included material published up to July 2024. **Results** A total of 9 studies were included and synthesized into three analytical themes: (1) difficulties and challenges, (2) needs in transition, (3) growing through adversity. **Conclusion** Adolescents with type 1 diabetes have a complex experience of transitioning to adult healthcare, and healthcare professionals should be attentive to their feelings, encourage them to deal with challenges positively, and provide adequate information and joint parental and peer support to facilitate a smooth transition to adult healthcare for adolescents. **Implications for the profession and/or patient care** This study highlights the importance of providing personalized and system-optimized transitional care services for adolescents with type 1 diabetes transitioning to adult healthcare. **Impact** This study addressed the challenges faced by adolescents with type 1 diabetes during their transition from pediatric to adult healthcare. **Reporting Method** Transparency in Reporting the Synthesis of Qualitative Research (ENTREQ) guidelines and the standards outlined in the Joanna Briggs Institute Reviewer's Manual.

## Keywords

Meta-synthesis, Adolescents, Qualitative Research, Transition to Adult Care, Type 1 Diabetes