

Summary

Jane is the Foundation Director of the Australian Centre for Behavioural Research in Diabetes – a partnership for better health between Diabetes Victoria and Deakin University – and holds the Chair in Behavioural and Social Research in Diabetes, Deakin University.

Jane has a PhD in health psychology from Royal Holloway, University of London, is a chartered psychologist, a Fellow of the British Psychological Society and a Fellow of the Royal Society of Medicine.

Jane has published 130+ peer-reviewed journal articles, several book chapters, and 180+ conference presentations. Google Scholar indicates there have been >3500 citations of her work. Over the past decade, Jane has been an investigator on research attracting funds of \$65 million, with over \$60 million achieved since 2012, including the EU IMI2 4-year HypoRESOLVE grant (2018-2022), and UK NIHR 5.5 year DAFNEplus (2016-2021), and the NHMRC GP-OSMOTIC trial (2016-2018).

Her research translation achievements include being a founding member of the DAFNE ('dose adjustment for normal eating') education program, which has trained more than 43,500 adults with type 1 diabetes in the UK since 2001, more than 3,200 in Australia/New Zealand since 2005 (OzDAFNE), and is also available in Kuwait and Singapore. On behalf of Diabetes Australia, she is the NDSS Leader for the Mental Health and Diabetes National Priority Area, and also for the Starting Insulin in Type 2 Diabetes National Priority Area. In 2011, Jane led the development of the Diabetes Australia position statement: A new language for diabetes', which has ignited an international movement focused on improving the language used in communicating with and about people with diabetes.

Jane's principle research interests focus broadly on improving the quality of life of people with diabetes and optimising their self-care. Her research includes developing, evaluating and enhancing provision of structured diabetes education; restoring impaired awareness of hypoglycaemia and preventing recurrent severe hypoglycaemia; expectations, experiences and optimisation of new diabetes treatments and technologies; the experience of social stigma related to diabetes; monitoring and reducing diabetes-related distress; investigating the needs of specific populations, e.g. young adults with type 2 diabetes, adolescents with type 1 diabetes, women with diabetes planning and during pregnancy. Jane is widely regarded as an authority on the development, use and interpretation of measures of psychological processes and outcomes in diabetes, also known as patient-reported outcomes (PROs).

Professional recognition

- 2018** **Fellow of the British Psychological Society** (AFBPsS)
- Profile published in *The Lancet Diabetes and Endocrinology*** – [Jane Speight: tackling diabetes and its stigma Down Under](#) (by Ray Cavanaugh)
- 2017** **VicHealth Awards: 'Research into Action'** Finalist for 'NDSS Diabetes and Emotional Health – Handbook and Toolkit'
- 2016** **Australian Association for Academic Primary Care (AAAPC) Most Distinguished Paper Award:** Furler J, O'Neal D, [Speight J](#), et al. [Overcoming clinical inertia in primary care based transition to insulin to improve outcomes in type 2 diabetes: Results of the Stepping Up cluster randomised controlled trial](#)
- 2014** **Inaugural Team Award for Excellence and Innovation in Public Health Research**, Council of Academic Public Health Institutions of Australia
- 2013** **Deakin University Vice Chancellor's Award for Outstanding Contribution to Partnerships**
- 2012** First prize for clinical research at the **Australia and New Zealand Obesity Society (ANZOS)** conference: Dixon J, Browne JL, Reddy P, Pouwer F, [Speight J](#). Severely obese people with type 2 diabetes experience impaired emotional well-being and socioeconomic disadvantage: Results from Diabetes MILES: Australia
- 2006** **Fellow of the Royal Society of Medicine** (FRSM)
- 2004** **Associate Fellow of the British Psychological Society** (AFBPsS)
- 2001** Invited to present research at the **SET (Science, Engineering and Technology) for Britain: Reception for Younger Scientists**, the Palace of Westminster, London

Peer-reviewed publications

For a full list of publications, see my [Google Scholar](#) or [ORCID](#) page. My 10 best publications to date:

- Chatterjee S, Davies MJ, Heller SR, **Speight J**, Snoek FJ, Khunti K (2018) Structured education programmes in type 1 and type 2 diabetes: a narrative review and current innovations. *The Lancet Diabetes & Endocrinology*, 6(2): 130-142.
- Duke CD, Barry S, Wagner DV, **Speight J**, Choudhary P, Harris MA (2018) Distal Technologies and Type 1 Diabetes Management: A Review. *The Lancet Diabetes & Endocrinology*, 6(2): 143-156.
- Furler J, O'Neal DN, **Speight J**, Manski-Nankervis J, Gorelik A, Holmes-Truscott E, Ginnivan LE, Young D, Best J, Patterson E, Liew D, Segal L, May CR, Blackberry I (2017) Supporting insulin initiation in type 2 diabetes in primary care: Results of the Stepping Up pragmatic cluster randomised controlled clinical trial. *BMJ*, 356:j783
- Hagger V, Hendrieckx C, Cameron FJ, Pouwer F, Skinner TC, **Speight J** (2017) Cut-points for identifying clinically significant diabetes distress in adolescents with type 1 diabetes using the PAID-Teen: results from Diabetes MILES Youth – Australia. *Diabetes Care*, 40(11): 1462-1468.
- Hilliard M, Hagger V, Hendrieckx C, Anderson B, Trawley S, Jack M, Pouwer F, Skinner T, **Speight J** (2017) Strengths, Risk Factors, and Resilient Outcomes in Adolescents with Type 1 Diabetes: Results from Diabetes MILES Youth – Australia. *Diabetes Care*, 40(7):849-855.
- Browne JL, Ventura A, Oliver K, **Speight J** (2016) Measuring the stigma surrounding type 2 diabetes: development and validation of the Type 2 Diabetes Stigma Assessment Scale (DSAS-2). *Diabetes Care*, 39(12): 2141-2148.
- Little S, Leelarathna L, Walkinshaw E, Tan HK, Chapple O, Lubina-Solomon A, Chadwick T, Barendse SM, Stocken DD, Brennand C, Matthews J, Marshall SM, Wood R, **Speight J**, Kerr D, Begley J, Flanagan D, Heller SR, Evans M, Shaw JAM (2014) Recovery of hypoglycemia awareness in long-standing type 1 diabetes: a multicenter 2x2 factorial randomized controlled trial comparing insulin pump with multiple daily injections and continuous with conventional glucose self-monitoring (HypoCOMPASS). *Diabetes Care*, 37(8): 2114-2122.
- Cooke D, Bond R, Lawton J, Rankin D, Heller S, Clark M, **Speight J** for the UK NIHR DAFNE Study Group (2013) Structured type 1 diabetes education delivered within routine care: impact on glycemic control and diabetes-specific quality of life. *Diabetes Care*, 36(2): 270-272.
- Speight J** & Barendse SM (2010) FDA guidance on patient-reported outcomes: a prompt for the industry to raise scientific standards. *BMJ*, 340:c2921: doi.org/10.1136/bmj.c2921
- DAFNE Study Group* (2002) Training in flexible, intensive insulin management to enable dietary freedom in people with type 1 diabetes: the dose adjustment for normal eating (DAFNE) randomised controlled trial. *BMJ*, 325, 746-749.
- * Amiel S, Beveridge S, Bradley C, Gianfrancesco C, Heller S (co-guarantor), James P, McKeown N, Newton D, Newton L, Oliver L, Reid H, Roberts S, Robson S, Rollingson J, Scott V, **Speight J** (co-guarantor), Taylor C, Thompson G, Turner E & Wright F.

Projects/grants

Jane is an investigator on several current national and international studies:

- [Diabetes MILES](#) (Management and Impact for Long-term Empowerment and Success) Study (2011 and MILES-2 in 2015) and Diabetes MILESyouth (2014); national and international surveys; Jane co-leads the International Diabetes MILES initiative with Prof Frans Pouwer (University of Southern Denmark)
- [DAFNEplus](#), a UK NIHR-funded study focused on improving the self-management education and support for adults with type 1 diabetes, led by Prof Simon Heller (University of Sheffield, UK)
- GP-OSMOTIC, trialling retrospective continuous glucose monitoring in adults with type 2 diabetes in primary care: NHMRC 3-year RCT led by A/Prof John Furler (University of Melbourne)
- HypoRESOLVE: EU IMI2 grant investigating hypoglycaemia
- Metabolic control with overnight closed-loop in the ambulatory setting in people with type 1 diabetes: JDRF Australia 3-year RCT led by A/Prof David O'Neal (University of Melbourne)
- 'My Diabetes Coach', focused on implementation of an 'app-based' self-management coach for adults with type 2 diabetes: NHMRC 3-year Partnership grant led by Prof Brian Oldenburg (University of Melbourne)
- National Diabetes Services Scheme (NDSS): Mental Health and Diabetes National Priority Area (formerly National Development Program) (2012-2018): initially, a 4-year program to develop resources to support and promote emotional health, with 'priority area' funding from 2016 to support implementation
- 'Personalised Eye Consultations' (2015): Diabetes Australia Millennium Grant 2-year RCT led by Dr Gwyn Rees (Centre for Eye Research Australia)
- [Stepping Up](#) cluster-randomised controlled trial of an intervention to support primary care professionals to conduct timely and evidence-based review of the management of type 2 diabetes: NHMRC Project grant led by A/Prof John Furler (University of Melbourne)
- UK Islet Transplantation Consortium (UKITC) research program
- 'Centre for Research Excellence on Polycystic Ovary Syndrome' (2015): 5-year \$2.5m NHMRC CRE