**Phase 1: A training program to increase awareness and treatment of the psychological needs of children with celiac disease**

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**Background:** A variety of psychological problems have been identified in children with celiac disease (CD) but are often under-diagnosed and infrequently treated.

To address this problem, our Celiac Program at Children's National partnered with the Celiac Disease Foundation, a national advocacy group, to develop an innovative approach to increase awareness, evaluation, and treatment. Phase 1 of our project included a manual aimed at providers to improve recognition of youth with CD at-risk for psychological difficulties; a live and web-based CME/CEU program; and a video highlighting the importance of the topic.

**Methods:** We developed the manual to offer a practical approach for identifying psychological issues including: direct cognitive and psychological effects of untreated CD; adjustment to the diagnosis of a chronic illness; and adherence to a gluten-free diet. A systematic approach is provided for issues including: recognition of commonly reported difficulties with attention and concentration, irritability, fatigue, change in sleep and appetite patterns, school absences, academic decline, social withdrawal, food-related phobias, anxiety, and depression. Indicators for the need for referral are also discussed. Each element was addressed by an expert at the CME/CEU program.

**Results:** To date, 249 participants earned continuing education credits, including 32 in-person, 62 via live stream, and 26 online through a partnership with INOVA. Physicians receive up to 4.5 AMA PRA Category 1 Credits through INOVA Health System; Psychologists receive up to 4.5 CEUs through the National Register of Health Service Psychologists. The video is streaming via the Children's National YouTube Channel.

**Conclusion:** The manual and CME/CEU program was the first step to improve the identification and treatment of youth with CD and psychological problems. We will continue to promote the materials at academic conferences. Phase two of our efforts will include a research project to establish prevalence rates of mental health issues in patients with CD.