

Factors Predicting Diabetes Self-management Behavior among Patients with Diabetes Mellitus Type 2

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Abstract

Purpose: To investigate factors predicting diabetes self-management of patients with diabetes mellitus type 2. The factors could be divided into personal factors (age, gender, and self-efficacy) and interpersonal factors (family support and patient-provider communication).

Design: Descriptive research (cross – sectional study).

Methods: The study sample consisted of 88 patients with diabetes mellitus type 2 who were diagnosed by physicians and no other complications. The subjects who met the inclusion criteria were recruited by simple random sampling. Data were analyzed using descriptive statistics and multiple regression analysis.

Main findings: The findings revealed that diabetes mellitus type 2 patients were mostly female (79.5%), their mean age was 56 years (SD = 11.9 years), and they have had diabetes mellitus type 2 for six years (67.1%). With regard to diabetes self-management, it was found that the scores of diabetes self-management of the subjects were at a good level. Altogether, 34.4% ($R^2 = .344$, $F = 10.715$, $p < .001$) of the variability in diabetes self-management was predicted by age, gender, self-efficacy, family support, and patient-provider communication. Only three of the predictors such as self-efficacy, patient-provider communication, and age contributed significantly to prediction of diabetes self-management. Gender and family support could not predict diabetes self-management of patients with diabetes mellitus type 2. The findings showed that self-efficacy ($\beta = .509$, $p < .001$) has more influence on diabetes self-management, follow by patient-provider communication ($\beta = .229$, $p < .05$) and age ($\beta = -.206$, $p < .05$).

Conclusion and recommendations: Based on the study findings, it is recommended that activities or programs to promote self-efficacy and patient-provider communication for patients with diabetes mellitus type 2 should be developed. Differences in their ages should be taken into account in order to ensure appropriateness and effectiveness of the programs on enhancing diabetes self-management of the patients.

Keywords: diabetes mellitus type 2, family support, patient-provider communication, self efficacy, self-management

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