



Comparative study of self-management behaviours, the efficacy and social support, in patients with diabetes type I and II

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Abstract:

The purpose of this study was to investigate the differences in self-efficacy, self-management and social support in patients with Type 1 and Type 2 Diabetes. Due to the nature of the research design is causal-comparative. The data for this analysis was collected from patients who visited Fatimiyah Hospital between the February to March (2012). A sample of 100 diabetic patients in the community was selected to take part in the study. Of this sample, 50 of the participants had Diabetes Type I and 50 patients had diabetes Type 2. A questionnaire was used to collect data, which queried patients about diabetes self-management, diabetes self-efficacy, and social support.

To analysis, the findings, multivariate analysis of variance, and also U test was used. Results showed that there were statistically significant differences in regards to the self-efficacy of the two groups. In terms of the scale of social support, there was no significant difference between the two groups. Self-Management in variable differences were observed in two patients.

Keywords: Diabetes Self- Management, Diabetes Self-efficacy, Social Support

Introduction:

Chronic diseases are the main reason of mortality. These diseases of the highest degree of mortality to the lowest level include heart disease, cancer, stroke, chronic

respiratory diseases and diabetes [1]. By 2015, it is estimated that 7 of every 10 (70%) adults aged 50-64 will have been diagnosed with at least one chronic condition, with nearly half living with two or more chronic conditions [2]. There are more than 3 million people have diabetes in Iran, and It is estimated that this number will increase to 7 million in 2030 [**Error! Reference source not found.**].

The traditional paradigms of type 2(NIDDM1) diabetes occurring only in adults and type 1 (IDDM2) diabetes only in children are no longer accurate, as both diseases occur in both cohorts. Occasionally, patients with type 2 diabetes may present with diabetic ketoacidosis (DKA). Children with type 1 diabetes typically present with the hallmark symptoms of polyuria/polydipsia and approximately one-third with DKA³ (2). The onset of type 1 diabetes may be more variable in adults, and they may not present with the classic symptoms seen in children [4].ethologic research of Mellitus research focused on genetic and cognitively conditions of patients. Emotional changes, adverse conditions life and family, severe failures can be contributing to diagnosing diabetes or making it worse [5]. The Cornerstone of diabetes is self-management. And describe the health activities undertaken by

¹. non-insulin dependent diabetes mellitus

². insulin dependent diabetes mellitus

³. diabetic ketoacidosis