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### Original Research Article

## Determining the Effective Factors on the Control of Type 1 Diabetes in Adolescents Under 18 Years of Age in Tabriz

**Lida Saboktakin**

Associate Professor of Pediatric Endocrinology & Metabolism, Rahat Breath and Sleep Research Center, Tabriz University of Medical Sciences, Tabriz, Iran

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### ABSTRACT

Many factors affect the control of type 1 diabetes in the age leading to puberty, which have been reported differently based on different ethnicities. The aim of this study was to determine the effective factors on the control of type 1 diabetes in adolescents under 18 years of age in Tabriz. In this descriptive-analytical study conducted in 2019 at Tabriz University of Medical Sciences, 410 adolescents under 18 years of age with type 1 diabetes were evaluated. Findings related to diabetes control based on HbA1c results showed that out of the total patients, 22.9% had poor control, 54.6% had moderate control and 22.4% had good control over diabetes. In terms of drug adherence, according to the Morisky scale, 2.4% had good adherence, 64.2% had moderate adherence and 35.2% had poor adherence to drugs. The correlation between fasting blood sugar and the number of annual visits to the clinic was negative and significant; But there was no statistically significant relationship between diabetes control and age, duration of disease, number of children in the family, number of controls per week and BMI. Increased anxiety, depression and stress in patients with type 1 diabetes lead to poor disease control and increased fatherhood, family support and more visits to the clinic increase disease control. Swat mentions that the degree of drug adherence, patients' sex and gender, parents' education, duration of illness, family remarriage and BMI have no effect on diabetes control.

**Keywords:** Diabetics , BMI , Adolescents

**\*Corresponding Author: ORCID: 0000-0002-0197-6414**

**E-mail: Lida\_saboktanin@gmail.com**