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Life qualities and depression levels of adolescents with type 1 diabetes: A cross-sectional study

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Background & Aim: Type 1 diabetes, which is one of the most important childhood illnesses, is increasingly prevalent in the world and can affect the quality of life and depression levels of adolescents during the adolescence. Aim of the study is to determine the quality of life and depression levels of adolescents with type 1 diabetes.

Material & Methods: This is a cross-sectional study where the universe of study constitutes 88 adolescents who have diagnosed type 1 diabetes and followed at Pediatric Endocrine Polyclinic at Inonu University Turgut Özal Medical Center. It was aimed at reaching the whole of the universe without going to the selection of samples. 88 adolescents with Type 1 diabetes who agreed to participate in the study were included in the study. As a data collection tool, 19 items in "Demographic Data Form for Adolescents", 23 items in "Life Quality Scale for Children Adolescent Form" (LQSCAF) and 27 items in "Beck Depression Scale" were used by the researchers. The data of the study were collected using face-to-face interview technique.

Findings: 58% of the children with type 1 diabetes were girls, 65.9% were living in the nucleus family. It was observed that 44.3% of the children's mothers are primary school graduates and 39.8% of the fathers are middle school graduates. 53.4% of the mothers are housewives while 40.9% of the fathers' work as workers. There was another diabetic individual in the family of 42% of the children. There was a high negative correlation between HgA1c and school functioning score, total psychosocial health score and total score of LQSCAF. There was a moderate correlation in the negative direction between HgA1c and physical health total score, emotional functioning score and social functioning score. There was a strong correlation between HgA1c and depression score in the positive direction. There was a weak positive correlation between total number of daily meals and total physical health score, emotional functioning score, total psychosocial health score, total score of the LQSCAF.

Conclusion: In the study of determining the quality of life and depression levels of adolescents with type 1 diabetes, low-quality adolescents were found to be susceptible to depression and it is suggested that the research be done in different groups

Biography

Murside Zengin is studying PhD from Inonu University Institute of Health Science. She had worked as a Nurse in Kahta between 2013-2016. She has been working as a Research Assistant at Nursing Department in Adiyaman University School of Health-Turkey.

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