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Evaluation of the level of self-efficacy and perception of social support in individuals with type-2 diabetes

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Aim: This study was conducted to evaluate the level of self-efficacy and perception of social support in individuals with type-2 diabetes.

Materials & Methods: This descriptive study was conducted with 112 type-2 diabetic patients who agreed to participate voluntarily and hospitalized at the Endocrine Service of the Turgut Özal Medical Center of İnönü University between February 2016 and June 2016. Data were collected using the Patient Information Form, Self-efficacy Scale in Individuals with type-2 diabetes, and Multidimensional Scale of Perceived Social Support. Descriptive statistical values were used in the analysis of the data.

Results: Of the patients included in the study, 83% was 50 years old and over, 64.4% was female, 76.8% was married, 42% was illiterate, 83.9% was unemployed, 48.2% had moderate income, 40.2% had 5 or more children, 33% was living in a nuclear family, 35.7% had diabetes mellitus for 11 years and over, 74.1% had chronic disease except diabetes, 73.2% had training on diabetes mellitus and 59.8% of them found to measure blood sugar levels regularly. It was determined that 35.7% of the patients were using insulin now, despite previous use of oral diabetic medications, 60.7% was non-smoker, and 89.3% was not taking alcohol. The mean self-efficacy score of the patients was 49.24 ± 17.70 (min:20 max:99) and the mean multidimensional perceived social support scale score was found to be 62.41 ± 18.63 (min:12 max:84).

Conclusion: It was determined that the mean self-efficacy and social support scores of the surveyed individuals with diabetes was moderate. Individuals with diabetes need to be supported in terms of self-efficacy and social support.

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