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The effect of the disease illness perception on the anxiety and depression symptoms in diabetics

Funda BUDAK² and Ummuhan AKTURK¹
Inonu University, Turkey

Objectives: This study; to determine the levels of anxiety and depression in diabetic patients (Type 1-2), and to compare diabetic patients with and without anxiety and depression risk of disease perception.

Methods: The descriptive study was conducted between June 2016 and September 2016 at the Malatya Turgut Ozal Medical Center Hospital. Three forms were used as data collection tools. The sample of the study consisted of 200 patients. Data from the study; Introductory Information Form, Hospital Anxiety and Depression Scale, Disease Perception Scale. Data were analyzed using frequency distributions, Student's t -test, ANOVA, Pearson correlation and chi-square tests.

Results: In the study, the average age of the patients was 54.74 ± 11.5 , 62.5% of them were women, 64.5% were in poor condition, 87% were married, 43% were primary school graduates, 39% had other chronic diseases except diabetes, Diabetes has experienced complications, 22.5% have diabetes mellitus for 11-20 years and 73.5% have enough knowledge about diabetes mellitus. Of the patients, 32% had an anxiety subscale, and 49% had a supra-threshold score on the depression subscale. In patients with anxiety risk, the understanding of the patient's understanding of the disease, personal control and treatment control scores were lower than the anxiety non-risk patients, and the scores of emotional representation and psychological attributions were higher; Personal control and duration (cyclic) scores of depressed patients with depression were found to be lower than those without depression, and scores of emotional representations were higher.

Conclusions: It is understood that 32% of the diabetic patients have anxiety subscale, 49% of them have suprised points in the depression subscale and the disease perceptions of these patients are negative.

umhnygt@gmail.com

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