



Attitudes toward Type 2 Diabetes: Differences According to Knowledge Level, Demographic and Clinical Factors

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Attitudes toward Type 2 Diabetes: Differences According to Knowledge Level, Demographic and Clinical Factors Attitudes toward diabetes are important targets for educational interventions to improve self-management. However, little is known about individuals' attitudes toward diabetes. This study was carried out to explore patients' attitudes toward their disease and to determine the significant factors affecting attitude subscales. Using the third version of the Diabetes Attitude Scale (DAS-3) with five subscales, attitudes of 5114 Kuwaiti patients with type 2 diabetes were studied. The lowest score was recorded for the value of tight control (3.43), followed by seriousness of NIDDM (3.47), psychosocial impact (3.67), patient autonomy (3.89) and the need for special training (4.43). There was significant positive correlation between attitude and knowledge scores. Using multiple linear regression model, the need for special training, value of tight control, and patient autonomy were significantly associated with higher education level. Lower education level was significantly associated with the psychosocial impact of the disease. Higher family income was significantly associated with the need for special training, psychosocial impact and patient autonomy, whereas lower family income was significantly associated with the value of tight control. The presence of more diabetes-related complications was significantly associated with the need for special training, psychosocial impact, and patient autonomy. The belief that diabetes is a serious disease and the value of tight control were significantly associated with lower number of diabetes-related complications. Testing blood glucose was associated with the belief that diabetes is a serious disease. Being female was significantly associated with the value of tight control. In conclusion, this study has shown that individuals with type 2 diabetes have suboptimal attitudes toward their disease. Differences were found in diabetic patients' attitudes according to knowledge level, demographic and clinical factors. These findings provide a basis for professionals to develop educational interventions that change behavior through understanding patients' attitudes toward their disease to promote better self-care and improve outcomes. AFAF M. S. AL-ADSANI, MOHAMED A. A. MOUSSA, NABILA A. ABDELLA, LAYLA I. AL-JASEM, NAWAL M. AL-HAMAD 1033-P Kuwait, Kuwait Diabetes Education

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