

Diabetic Rural Women's Attitudes toward Diabetes in Iran



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Abstract

For controlling chronic disease as diabetes, the attitude toward the disease is important. The aim of this study was to evaluate diabetic rural women's attitude toward their disease. This cross-sectional study was done on the women with diabetes referred to the health center in a village, East Azarbaijan, Iran, 2019. The Diabetes Attitudes Questionnaire (DAS) was applied to assess diabetic rural women's attitude. Totally 85 patients participated in our study. The mean attitude score was 76.27 ± 6.81 . There was a positive correlation between the score of patients' attitudes and their educational level.

Keywords: Diabetes; Women; Attitudes

Introduction

The overall prevalence of diabetes mellitus was reported to be nearly 9% among people older than 18 years in 2018. Most of diabetic patients live in developing countries [1]. Poor controlled diabetes mellitus is a main origin of chronic complications containing cardiovascular disease, nephropathy and neuropathy [2]. It has serious effects on the patient's life and community. In addition, higher rates of diabetes cause a considerable burden on healthcare systems [3]. Frequency of diabetes in Iran is approximately seven million people, more than half of them (about four and a half million) are unfamiliar with their diabetes disease and do not get any care at all [4]. The importance of the appropriate attitude toward chronic diseases, containing diabetes, has been addressed in different studies, and nowadays, it has been identified as an important factor to face with such chronic diseases [5]. Because there is no research in East Azarbaijan province of Iran on the attitude of rural patients toward their diabetes disease, we decided to conduct a study to evaluate diabetic rural women's attitude toward their disease.

We performed a cross-sectional study. The convenient sampling method was done to select women with type 2 diabetes referred to Saeidabad's primary health center from Jun 2019 to December 2019. Saeidabad is a big village in East Azarbaijan, Iran. We used Diabetes Attitude Survey (DAS) questionnaire, a reliable and valid questionnaire to evaluate patient's attitudes

toward diabetes [6,7]. The questionnaire had two sections: the first section was contained demographic characteristics of rural women (Table 1), and the second section was contained 30 questions in 5-point Likert scale (strongly agree, agree, neutral, disagree, and strongly disagree that graded 5 to 1 respectively). So, the maximum and minimum obtainable scores were 150 and 30 respectively. Then the valuation criteria were determined as follows: valuation of 101-150: appropriate, valuation of 51-100: moderately appropriate, valuation of ≤ 50 : unappropriated). The participants completed the questionnaire after signing the written informed consent. This study was approved by the Ethics Committee of Tabriz University of Medical Sciences with an ethical approval number of IR.TBZMED.REC.1398.068.

Totally, 85 rural women entered the study. The mean age (SD) of participants was 50.31(3.2) years. The most of participants had Family history of diabetes (83.5%). The mean attitude score was 76.27 ± 6.81 . There was a positive correlation between the scores of patients' attitudes and their educational level ($r = 0.221$, $p = 0.001$).

Conclusion

The diabetic rural women have moderately acceptable attitude toward their disease, proper interventions are needed to make better their attitudes.

Table1: Demographic characteristics of diabetic rural women (n=85).

Variables	N (%)
Age	
30≥	2(2.3)
31-40	15(17.6)
41-50	25(29.4)
51-60	32(37.6)
61≤	11(12.9)
Marital status	
Single	5(5.8)
Married	80(94.2)
Educational level	
Illiterate	2(2.3)
primary school	26(30.5)
High school	54(63.5)
academic	3(3.5)
Duration of diabetes (Years)	
5≥	35(41.1)
10-Jun	37(43.5)
11≤	13(15.2)
Family history of diabetes (Yes)	71(83.5)

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