Determinants of Self-Management Among Diabetic Patients: A Path Analysis

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Abstract
Diabetes self-management (DSM) is a complex behavior and various factors influence it. Despite continual recommendations to DSM, implementation of this behavior still remains a major health problem for diabetic patients. Identifying effective factors in DSM is useful to promote health in diabetic patients. The purpose of this study was to test the effects of individual and environmental factors on DSM. Path analysis was used to examine both one-way direct and indirect effects of 7 constructs and 3 demographic factors on DSM in this population (N = 396). Data were collected from a convenience sample of 104 (26.3%) males and 292 (73.7%) females with a median age 53 years. The final model provided a good fit to the data explaining 25% of the variance in DSM. Illness perception and provider–patient communication were the most effective factors in DSM. Knowledge and self-efficacy affected DSM indirectly via illness perception. The results of this study showed that effective DSM interventions should be designed to change illness perception and patient–provider communication, especially in patients with low duration of diabetes and low level of education.

Keywords
diabetes self-management, determinant factors, path analysis

Introduction
Diabetes mellitus is one of the pandemic metabolic disorders that is associated with long-term complications.¹ According to the recent estimates of the World Health Organization, by the year 2030 there will be 366 million diabetic patients in the world.² Therefore, health care expenditure for diabetes will be a heavy financial burden in the future.³ Despite developments in medicine and pharmacology, diabetes control remains difficult.⁴ This incoherence reflects the central role that individuals play in determining their diabetes status. Self-management in diabetes is necessary to keep the illness under control, because as much as 95% of the self-care is usually provided by the ill persons.⁵ Self-managing the disease includes following a prescribed medication

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