

INTRODUCTION

- The diabetes control is strongly affected by perceived diabetes self-management, self-efficacy in understanding and taking diabetes medication, and diabetes medication adherence in diabetic patients in different ways. Therefore, the patients’ self-management, self-efficacy and medication adherence have substantial consequences on morbidity and mortality of diabetes [1].
- The main objective of this study was to determine the relationship of perceived self-management, self-efficacy, and medication adherence among adult diabetes patients.

METHODS

Ethical Approval Ethics approval was obtained from Ministry of Health (MOH) via the National Medical Research Registry (NMRR) (reference no. NMRR-14-683-21260)

Study Design: Cross-sectional study design using self-report survey

Study Duration: August 10, 2014 and November 20, 2014

Study Settings: Hospital Kuala Lumpur

Contents of Questionnaire:

Part A: Socio-demographic and medical data of the patients

Part B: Perceived Diabetes Self-Management Scale (PDSMS)

Part C: Medication Understanding and Use Self-Efficacy Scale (MUSE)

Part D: Morisky Medication Adherence Scale-8 (MMAS-8)

Questionnaire Translation: The finalized questionnaire was translated into Malaysian language using international translation guidelines.

Participants: Post-signed consent, 62 adult DM patients (aged > 18 years old; nil cognitive disability; using DM medications for at least 3 months) were enrolled.

Sampling Method: convenience sampling method.

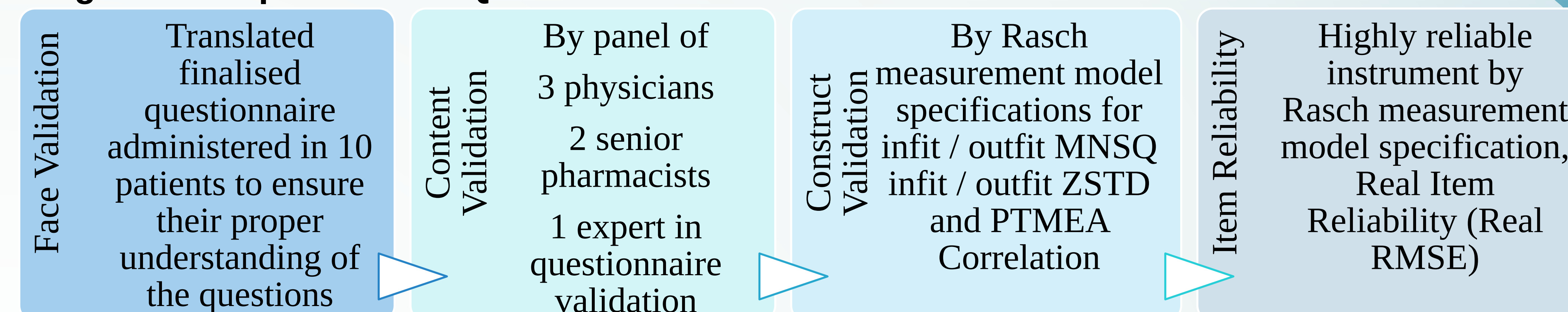
Data Collection: The questionnaire were directly administered to the diabetes patients. HbA1c level were assessed and recorded.

Data Analysis: (Statistical Package for Social Sciences (SPSS) ® version 19)

Descriptive analysis of socio-demographic and medical data

Pearson’s Product Moment Correlation (r)

Figure 1: Steps Involved Questionnaire Validation



RESULTS

Table 1: Socio-demographic and medical data of respondents (n=62)

Sr.#	Items	Category	N (%) (n = 62)	
1	Age (years old)	Mean (±SD)	47.01 (4.68)	
2	Marital Status	Single	11	17.70
		Married	45	69.40
		Widow	2	3.20
		Divorced	6	9.70
3	Gender	Male	29	46.80
		Female	33	53.20
4	Ethnicity	Malay	47	75.80
		Chinese	0	0
		Indian	13	21.00
		Missing	2	3.20
5	HbA1c (%)	Mean (±SD)	9.28	2.17
6	FBS (mmol/L)	Mean (±SD)	10.20	4.02
7	BMI (kg/m²)	Mean (±SD)	29.07	7.40
8	DM-Complication	Nil	46	74.19
		Neuropathy	5	8.10
		Nephropathy	5	8.10
		Retinopathy	2	3.20
		> One of the Above	4	6.50

The overall mean scores were 27.44 ± 4.27 , 26.80 ± 4.15 , and 5.50 ± 1.71 for perceived self-management, self-efficacy, and medication adherence, respectively. The perceived self-management showed a significant moderate positive correlation with self-efficacy ($r=0.307$, $p<0.001$), and significant weak positive correlation with medication adherence ($r=0.237$, $p=0.004$). Moreover, the medication adherence showed significant moderate positive correlation with self-efficacy ($r=0.390$, $p=0.002$).

CONCLUSION

The perceived self-management, self-efficacy, and medication adherence showed significant positive correlations. This study strongly recommends to explore the relationship of this study variables with diabetes control variables like HBA1c so that better control and management can be ensured in diabetes patients.

REFERENCES

1. American Diabetes Association (ADA). (2015). Standards of Medical Care in Diabetes. *Diabetes Care*. 38 (1). Doi:10.2337/dc15-S005.