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COLLEGE OF POSTGRADUATE STUDIES

2022/2023 PhD Thesis Abstract

Department of Nursing Science

RFN: Chinedu Christian ASONYE

RD: Nursing Science

RS: Nursing Sciences

RE: christianasonye1@gmail.com

RAE: Nil

RP: 08061591934

RT: Self-Care Behaviours and Distress on Health-Related Quality of Life among Patients with Type 2 Diabetes Mellitus Attending the Teaching Hospitals in Ogun State, Nigeria

MS: Prof. Foluso OJEWOLE

ME: folusoojewole@gmail.com

SP: +3179318361

CS: Nil

CE: Nil

CP: Nil

AB: Health-Related Quality of life (HRQoL) is a multi-dimensional concept comprising physical, mental, emotional, and social domains. Generally, studies have demonstrated that individuals with Type 2 Diabetes Mellitus (T2DM) do not adhere to self-care behaviour, as they experience diabetes-related distress in response to prolonged treatments, resulting in poor health-related quality of life (HRQoL). However, studies have demonstrated that individuals with T2DM are strongly associated with poor HRQoL. Previous studies have worked independently on diabetes self-care behaviour and distress on HRQoL and not together. The approach has been mostly quantitative and limited qualitative, hence the study explore the diabetes self-care behaviors and distress on health-related quality of life among patients with T2DM attending the two teaching hospitals in Ogun State, Nigeria.

The study adopted a mixed method convergent parallel design. The population was 260 patients diagnosed with T2DM. A sample size of 219 was determined using Leslie Kish formula. The response rate was 95%. In-depth interview was used for qualitative data collection. Information on the self-care behavior, diabetes-related distress and health related quality of life (HRQoL) was obtained using the Diabetes Self-Management Questionnaire (DSMQ), Diabetes Distress Scale-17 (DDS-17) and WHOQOL-BREF respectively. The overall Cronbach's α scores range 0.80 to

0.96. The univariate, bivariate, and multivariate analyses were used to analyze quantitative data and qualitative data was thematically analyzed.

The findings showed a mean age of 56 ± 11 years, and majority of participants were females (71.3%), and married (92.3%). Participants had a moderate level of diabetes self-care behaviour (7.27 ± 1.4 , 95% CI: 33.9839, 35.8247) and diabetes distress (2.1, 95% CI: 1.9651, 2.1874). Overall HRQoL was high (80.50 ± 18.00 , Skew/SE = -3.518), and diabetes self-care behaviour and distress significantly predicted patient HRQoL ($F(3, 205) = 15.809$; $P < 0.05$). Age, gender, religion, educational status, marital status, monthly income, alcohol consumption, and duration of T2DM were significantly associated with HRQoL with $P = < 0.05$, respectively. The interview revealed that 75% adhered to diabetes self-care behaviours such as glucose monitoring, use of prescribed drugs, physical activities, and eating in moderation. All the discussants experienced a form of distress such as inadequate financial support, poor social support, drug-related burden, pain, and psychological distress. Participants reported satisfaction with their current HRQoL, though verbalized some concerns regarding physical functioning, sexual problems, financial constraints, and sleep issues.

In conclusion, HRQoL was high though patients expressed concerns regarding physical functioning, sexual problems, financial constraints, and sleep issues. Therefore, providing positive reinforcement of self-care behaviors and conducting routine psychological screenings to address diabetes distress may help improve patients' HRQoL.

Keywords: Type 2 diabetes mellitus (T2DM), Diabetes self-care behaviour, diabetes distress, Health-related quality of life (HRQoL), Mixed method convergent parallel design

Word Count: 416

Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract

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