Title: The effect of educational program based on PRECEDE model on quality of life in patients with type 2 diabetes

Authors: Dr. M.H. Taghdisi, M. Borhani, Dr. M. Solhi, Dr. M.E. Afkari, F. Hosseini

Abstract: Abstract:

Background and Objective:
The Problems caused by diabetes have direct and indirect impacts on quality of life of diabetic patients. Increasing of these problems will decrease the quality of life of patients. This study is conducted to assess the effect of the educational program based on PRECEDE model in promoting quality of life of patients with type 2 diabetes.

Design and methods:
This Pre- and post-intervention quasi-experimental study was conducted on 78 patients with type 2 diabetes referred to diabetes clinic in Minoodasht. The educational program based on PRCEDE Model & patients educational needs was designed. The data were collected using two questionnaires including life-quality WHOQOL-BREF questionnaire & PRCEDE Model-based educational questionnaire. Patients and their families and health personnel received the intended intervention. The subjects were followed for one month after intervention to identify the role of educational intervention on patients. The data was analyzed by Paired Sample T Test, Variance Analysis Test and Bivariate Correlation Test using SPSS ver 15.

Results:
After the intervention, the mean score of quality of life increased from 80.39±11.35 to 81.35 ± 8.31. No significant difference was existed in the total score of quality of life after intervention but there were significant differences in the physical health (p-value <0.05), self-evaluation of quality of life of patients (p-value <0.01) and self-assessment of health of patients after educational intervention. In addition, no significant differences were observed between demographic parameters and quality of life, except in the number of children.

Conclusion:
The educational program based on PRECEDE model was effective in improving quality of life of patients with regard to physical health and self-assessment of their health status.

PRECEDE model, quality of life, type 2 diabetes

Presentation: Poster