Abstract: Background: Social support is known as a health behavior facilitator which is correlated with adherence of self-care behaviors among diabetic patients. The aim of this study was determining the status of this construct and its correlated factors and also its association with self-care behaviors in diabetic patients.

Materials and Methods: This analytical and cross-sectional study was carried out on 120 patients who referred to Yazd diabetes research center. A questionnaire was used for data collection which measured perceived social support and self-care behaviors constructs. Questionnaire was completed with a private interview of subjects. Subjects, demographic variables were also enquired. Validity and reliability of the questionnaire was assessed and approved.

Results: Subjects earned 58.1% of earnable score of social support which was due to 56.4% of earnable score of supportive family behaviors and 39.4% of earnable score of nonsupportive family behaviors. Among self-care dimensions, correct taking of drugs was at the lowest rate of perceived support and general cares of diabetes was at the highest level. Perceived nonsupportive family behaviors was significantly more common among women. Perceived social support was positively associated with self-care behaviors (r=0.253). Perceived supportive family behaviors also was correlated with self-care behaviors but the correlation of perceived nonsupportive family behaviors and self-care behaviors was not statistically significant. Perceived social support predicted only 6.4% of variance in self-care behaviors while perceived supportive family behaviors predicted 9.1% of variance in self-care behaviors.

Discussion and conclusion: Perceived family support level was not at a favorite level and some dimensions of self-care behaviors such as correct taking of drugs was at a worse situation. Attention to family support in educational programs for increasing self-care behaviors among diabetic patients is highly recommended.

KEY WORDS: Perceived Social Support, Self-care, Diabetes

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