Title: Factors Affecting Physical Activity and Metabolic Control in Type 2 diabetic women referred to the Diabetes Research Center of Hamadan: Applying TransTheoretical Model (TTM)

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Abstract: Introduction: Active lifestyle and regular physical activity have a great impact on improving the health and metabolic control in diabetic patients. The aim of this study was to investigate the factors affecting physical activity and metabolic control in type 2 diabetic women referred to the Diabetes Research Center of Hamadan based on TransTheoretical Model.

Methods: 114 women with type 2 diabetes participated in the cross-sectional study. Data were collected by International Physical Activity Questionnaire (IPAQ) and the TransTheoretical Model Questionnaire, using interviews with patients.

Results: Mean ages of participants were 57.47 ± 10.04 years. Glycosilated hemoglobin (HbA1C) mean in patients were 7.74 ± 1.75. Physical activity findings showed that 9/64 percent of participants had low-intensity physical activity, 8.29% had moderate intensity physical activity, and 3/5% had high-intensity physical activity. Stage of change construct was significantly associated with cognitive and behavioral processes of change and self-efficacy (P < 0.05). Also decisional balance construct was significantly associated with behavioral change and self-efficacy (P < 0.05), but not associated with cognitive processes (P > 0.05). Self-efficacy was significantly associated with cognitive, behavioral processes of change and decisional balance (P < 0.05).

Conclusion: According to the results, physical activity program developed for increasing physical activity level, improved metabolic control in type 2 diabetic women in Hamadan.

type 2 diabetes, physical activity, metabolic control, TransTheoretical Model

Presentation: Oral