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Title: Utilizing the Information–Motivation–Behavioral Skills model in determining diabetes self-care predictors in Patients Referring to Yazd Diabetes Research Center

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Abstract: Introduction: More than 171 million people suffer from diabetes in the world and this number is expected to reach up to 366 million in 2030. Diabetes self-management training is an important aspect of diabetes care. Self-management training improved diabetes knowledge, frequency and accuracy of self-monitoring of blood glucose, self-reported dietary habits, and glycemic control. The current trend in diabetes self-management is to use theory-based health behavior change models to inform educational efforts. The purpose of this study was to use the Information–Motivation–Behavioral Skills (IMB) model of health behavior change to conceptualize the determinants of diabetes self-care behavior and glycemic control in a sample of patients with T2DM.

Method: This cross-sectional study carried out on 151 patients with diabetes who referred to Yazd diabetes research center. Gathered information included demographics, diabetes knowledge (information), diabetes fatalism (personal motivation), social support (social motivation), and diabetes self-care (behavior). Hemoglobin A1C values were extracted from the patient medical record. Descriptive statistics were performed using SPSS 16.0. Structural equation modeling was used for testing the IMB framework using LISREL 8.7 Student.

Result: A total of 151 men and women with type 2 diabetes completed all measures. The mean age of participants was 50 years old. The majority were female (63.4%), housewife (52.2%), and insured (73.9%). There was a significant correlation between diabetes knowledge (r = 0.16 p < 0.05) and self care behaviors. There was not any significant correlation between other constructs. Also the association of self-care behaviors and Hemoglobin A1C was not statistically significant.

Discussion: Consistent with the IMB model, having more information (more diabetes knowledge) was associated with behavior, but personal motivation and social motivation was not associated with behavior; and also behavior was not the predictor of glycemic control. The IMB model is not an appropriate, comprehensive health behavior change framework for diabetes self-care. Testing other health education models for diabetes self care behaviors is recommended.

Diabetes Self-care, Behavior change, Social support, Motivation

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