Abstract: Abstract
Background and objectives:
Diabetes is one of the most important health problems. It is the most common chronic metabolic disorder, which requires continuous care. Thus, the major portion of treatment and control of disease is on the patient. Empowerment of diabetic patients in control of the disease and prevention of it complications is possible by appropriate and continuous education. The aim of the current study is to design and evaluate an educational program on empowerment of patients with type 2 diabetes.

Materials and methods:
This is a pre- and post-test, quasi-experimental study, carried out on 78 patients with type 2 diabetes referred to diabetes clinic of Minoodasht. Before performing the educational intervention, the patients filled a questionnaire to help us design the contents of the program according to their educational needs. Considering the role and importance of family in improvement of life quality in the patients, we considered a role for family members of the patients in the educational program and asked them to participate in the program with the patients. The program was carried out in five sessions. One month later, the effect of the intervention on empowerment of patients (sufficient skill for control of blood glucose, blood pressure, and weight, and also following the diet, exercise, family support, and having access to educational resources and courses) was assessed using a questionnaire. The findings were analyzed using SPSS software, and McNemar's test at the significance level of 5%.

Findings:
The findings indicated a statistically significant difference between the pre- and post-test scores of empowerment factors (p<0.001), such that the mean overall score of empowerment in patients under study was 4.64±1.09 in pre-test and 5.29±0.94 in post-test.

Conclusion:
The findings support the efficiency of educational intervention on empowerment of patients with type 2 diabetes.