

ABSTRACT

The objective of this study is to investigate knowledge and awareness of diabetes mellitus among Thai office workers in Bangkok. In addition, the study aims to find out the suggestions on how to improve the diabetic education program also.

The instrument used in this cross-sectional study is a self-administered questionnaire which was distributed to 124 respondents during the period of 5th until 28th of January 2009. The questionnaire is divided into 4 parts: demographic information, general knowledge of diabetes, awareness of diabetes, and suggestions about diabetic education program. Data analysis was performed using SPSS program version 16.0 to look at frequency, percentage, mean and standard deviation.

Findings from this study revealed that most of the respondents had moderate knowledge about diabetes. Moreover, the results also showed misconceptions about the disease (e.g., believing eating before having blood test has no effect on the blood sugar level). The study also indicated that the majority of respondents were aware of the seriousness of diabetes. However, they were not aware that they are at risk of developing the disease.