

Thesis Title	The Effects of Diabetic Day Camp Participation on Perceived Self-efficacy, Self-care Behaviors and Blood Sugar Level among Patients with Diabetes Mellitus, Type 2
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Abstract

This study was aimed to determine the effects of Diabetic Day Camp participation on perceived self-efficacy, self-care behaviors and blood sugar level among patients with diabetes mellitus, type 2. It was a quasi-experimental design with a pre-post control group. The sample was comprised of 70 patients with diabetes mellitus type 2 who met the inclusion criteria. This study was conducted at outpatient clinic, in a 30 bed community hospital in Ayutthaya province. The Self-efficacy theory was applied to develop day camp activities. The Diabetic Day Camp lasted 3 days long and was arranged to the experimental group one week after they agreed to participate in this study. The experimental group participated in Diabetic Day Camp conducted by the investigator and team, while the control group received usual care given by hospital nursing staff. The instruments used were the demographic questionnaire, perceived self-efficacy scale, self-care behavior scale, and record of blood sugar level. Data were analyzed by using descriptive statistics, paired t-test and analysis of covariance.

The results revealed that the experimental group performed significantly better on the perceived self-efficacy than before the day camp participation at the end of the camp. The experimental group improved significantly in perceived self-efficacy and self care behaviors than the control group at one month follow-up ($p < .001$). The experimental group

decreased in blood sugar level than the control group significantly at one month follow up ($p < .05$). Nurses and health care team can apply this Diabetic Day Camp in order to improve self care behaviors to control diseases and prevent complications in diabetic mellitus patients. Longer study to follow up on blood sugar level change, along with the use of hemoglobin A₁C indicator was recommended in further study.