In menopausal period, women who have diabetes mellitus (DM) have bio-psychosocial changes which may cause health problems. Self-care behaviors are among the key factors for controlling the disease and its complication.

The objective of this study is to assess the self-care of menopausal women with diabetes mellitus. The sample group consisted of two hundred and ten women aged 45-55 years who had come to attend diabetes mellitus clinics for three months to 5 years at the Community Hospital and General Hospital in Chaiyaphum province. The subjects were selected by purposive sampling. Data collection was done by individual interview. The data analysis was performed by using SPSS/PC^{+} program. The statistics used were frequencies, percentage, arithmetic mean, standard deviation, Pearson's product moment correlation and stepwise multiple regression analysis.

The result showed that the self care of subjects was at high level (80.0 percent), and self-esteem and social support were also at high level, (87.1 percent, 87.1 percent respectively). The factors that were considered to be significantly associated with the self-care behavior were income, self-esteem and social support. Through the application of stepwise multiple regression, it was found that self-care behavior could be predicted by the use of the level of social support and income by 43.21 percent.

The result of this study shows that menopausal women with DM had earlier onset of menopause. These results provide nurses the knowledge about the relationship between social support and self-care behavior. Nurses can apply this information and knowledge about menopause in the clinical practice and management of DM.