

**EFFECTS OF A SELF-MANAGEMENT SUPPORT PROGRAM ON EATING
BEHAVIORS, PHYSICAL ACTIVITY, AND METABOLIC CONTROL
AMONG PEOPLE WITH METABOLIC SYNDROME**

NATTAYA SUWANKRUHASN

**DOCTOR OF PHILOSOPHY
IN NURSING**

**THE GRADUATE SCHOOL
CHIANG MAI UNIVERSITY
MARCH 2013**

**EFFECTS OF A SELF-MANAGEMENT SUPPORT PROGRAM ON EATING
BEHAVIORS, PHYSICAL ACTIVITY, AND METABOLIC CONTROL
AMONG PEOPLE WITH METABOLIC SYNDROME**

NATTAYA SUWANKRUHASN

**A THESIS SUBMITTED TO THE GRADUATE SCHOOL IN
PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY
IN NURSING**

**THE GRADUATE SCHOOL
CHIANG MAI UNIVERSITY**

MARCH 2013

**EFFECTS OF A SELF-MANAGEMENT SUPPORT PROGRAM ON EATING
BEHAVIORS, PHYSICAL ACTIVITY, AND METABOLIC CONTROL
AMONG PEOPLE WITH
METABOLIC SYNDROME**

NATTAYA SUWANKRUHASN

THIS THESIS HAS BEEN APPROVED
TO BE A PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF DOCTOR OF PHILOSOPHY
IN NURSING

EXAMINING COMMITTEE

Seepan Kantawang CHAIRPERSON
Assistant Professor Dr. Seepan Kantawang

Linchong Pothiban MEMBER
Associate Professor Dr. Linchong Pothiban

Sirirat Panuthai MEMBER
Assistant Professor Dr. Sirirat Panuthai

Pikul Boonchuang MEMBER
Associate Professor Dr. Pikul Boonchuang

Raymoul Nantsupawat MEMBER
Associate Professor Dr. Raymoul Nantsupawat

Orasa Panpakdee MEMBER
Associate Professor Dr. Orasa Panpakdee

THESIS ADVISORY COMMITTEE

Linchong Pothiban ADVISOR
Associate Professor Dr. Linchong Pothiban

Sirirat Panuthai CO-ADVISOR
Assistant Professor Dr. Sirirat Panuthai

Pikul Boonchuang CO-ADVISOR
Associate Professor Dr. Pikul Boonchuang

22 March 2013

© Copyright by Chiang Mai University

ACKNOWLEDGEMENTS

I wish to express my sincere thanks and appreciation to several people who kindly assisted, encouraged, and supported me throughout the studying process. I am most grateful to Associate Professor Dr. Linchong Pothiban, my academic and major advisor, for planning the idea, and giving me insightful and thoughtful guidance during working on this dissertation. In addition, I would like to express my gratitude to her for enthusiastic encouragement, valuable suggestions and thorough reading and editing.

I am very grateful to my dissertation committee, Assistant Professor Dr. Sirirat Panuthai, Associate Professor Dr. Pikul Boonchuang, Assistant Professor Dr. Seepan Kantawang, Associate Professor Dr. Raymoul Nantsupawat and Associate Professor Dr. Orasa Panpakdee for their advice, guidance and support which helped me to complete this dissertation research.

I am also grateful to the staff at Out - Patient Department (OPD) of Kawila Hospital, Municipality Hospital and Mae Rim Hospital, who were very kind and helpful. I express my gratitude to all individuals who participated in this study. My sincere thanks to Col. Pichai Saengcharnchai, MD., Department of Psychiatry and Neurology, Phramongkutklao Hospital for his great help in training the motivational interviewing techniques.

I would like to thank Dr. Chodchoi Wattana, Faculty of Nursing, Thammasat University, Associate Professor Srun Kuanprasert, MD and Instructor Narawudt Prasertwitayakij, MD., Cardiovascular Division, Department of Medicine, Faculty of

Medicine, Chiang Mai University, who were the experts, for their suggestion and approval of the instruments used in this study.

My sincere gratitude goes to the Faculty of Nursing, Chiang Mai University for allowing me the time to complete my doctoral program. I would like to give very special thanks to my colleagues at Division of Medical Nursing, Chiang Mai University, who shared academic responsibilities among themselves, while I was away studying full time in the doctoral program.

Finally, most of all, my deepest gratitude is expressed to my beloved parents and friends for their unconditional love, support and encouragement. The completion of my doctoral education is proof of how important their love and support has been for me. The success of this endeavor is theirs.

Nattaya Suwankruhasn