

**Thesis Title** Factors Related to Self Care and Glycemic Control  
in Non-Insulin Dependent Diabetes Mellitus Patients  
: a Case Study at Kangkhro Hospital, Chaiyaphum  
Province.

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**Date of Graduation** 18 January B.E.2538 (1995)

### ABSTRACT

Diabetes mellitus is one of the health problems, and also an economic and social problem. The prevalence rate of diabetes mellitus is increasing. The most important problem of diabetic patients is their inability to control blood sugar level to the baseline, which leads to diabetic complications. These complications could be prevented and controlled by good self care behaviors. However, their self care behaviors depend on many factors. The objective of this research is to study the factors related to self care and glycemic control in non-insulin dependent diabetes mellitus (type 2) patients. Purposive sampling was used to select 304 diabetic patients type 2 who attended the out patient diabetes clinic of Kangkhro hospital, Chaiyaphum province during July 12 to September 14, 1994. The data

were collected through an interview with structural questionnaire and medical records. The data were analyzed by descriptive statistics, t-test and Multiple classification analysis with 95 percent confidence interval, all of which were done through the SPSS/PC<sup>+</sup> application. The results revealed that the following factors are found to be significantly related to glycemic control : dietary behavior, taking diabetes oral pills, compliance with appointments and exercise. Other variables tested, including activities of daily living and body mass index, were not related to glycemic control. Using multiple classification analysis, sex, age, perceived benefits to advice and obstacles of health practice accounted for 3.61, 2.89, 2.25 and 1.69 percent of the variation in self care behaviors respectively. Combination of 10 independent variables, namely age, duration of diabetes mellitus illness, household income, marital status, sex, perceived severity, perceived susceptibility to complications of diabetes, perceived benefits to advice, obstacles of health practice and satisfaction with care accounted for 11.80 percent of variation in self care behaviors. The large residual variation found in this study, such as several psychosocial variables, should be assessed for their contribution to self care behaviors. Since the findings indicated that the following self care behaviors : dietary behavior, taking diabetes oral pills, compliance with appointments and exercise related to glycemic control, thus these items should be strongly emphasized during the health education session in diabetic patients for reducing blood sugar level.