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**PAIRUM TANSAKUL: HEALTH BEHAVIOUR AFFECTING PLASMA  
GLUCOSE CONTROLS IN TYPE 2 DIABETIC PATIENTS. THESIS  
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The purpose of this study was to determine the association between health behaviour and plasma glucose control in type 2 diabetic patients. A hospital-based case control was designed using purposive sampling to select 288 diabetic patients (144 uncontrollable plasma glucose level and 144 controllable plasma glucose level). The data were collected through interviews with questionnaires and from the diabetic patients who were treated at the diabetic clinic in Khuang-nai hospital from August 1 to November 30, 1999. Data were analysed by descriptive statistics, Chi-Square contingency, univariate analysis and multivariate analysis by multiple logistic regression with a 95 percent confidence interval, all of which were analysed by using the SPSS/PC+ computer programme.

After using the contingency table in the univariate analysis to estimate the crude odds ratio ( $OR_{crude}$ ), it was found that the factors significantly associated with plasma glucose control were as follows: missing doctor's appointment ( $OR_{crude} = 6.7$ ) and duration of diabetes between 3–5 years ( $OR_{crude} = 2.7$ ). The estimation of adjusted odds ratio by using multiple logistic regression analysis showed that the factors most importantly related to plasma glucose control were as follows: missing doctor's appointment ( $OR_{adjust} = 6.2$ ) and duration of diabetes between 3–5 years ( $OR_{adjust} = 2.4$ ). Other variables, including diet control, exercise, and compliance to medication were not associated with plasma glucose control. In conclusion, the duration of diabetes and missing doctor's appointment affect plasma glucose control. Therefore, the service system should be adjusted to improve the regular appointment keeping and efficacy of treatment.