

عنوان مقاله:

The Effect of Self Efficacy Education Program on Reducing Blood Sugar Levels in Patients with Type 2 Diabetes

محل انتشار:

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خلاصه مقاله:

Aims: Diabetes as the most common diseases caused by metabolic disorders is an important global challenge. This is a disease that requires lifelong self-care; because the self-care and improvement of the life quality is cost effective. The aim of this study is to determine the effects of the self-Efficacy education program on reducing blood sugar levels among the type 2 diabetic patients. It was conducted in Zahedan. **Methods and Materials:** 138 diabetic type 2 patients were selected in Zahedan Diabetic Center and divided randomly into control groups ($n=69$) and test group ($n=69$); and special checklist and health belief model questionnaire were applied as data collection instruments. Reliability and validity of the questionnaire was evaluated and confirmed. The data collected before intervention was analyzed, then educational design method executed 3 and 6 months after intervention and the collected data was analyzed using SPSS software. **Findings:** According to the results, there is a significant statistical difference in average number of models before and after educational intervention ($p<0001$). Also, HbA1c and FBS after educational intervention were lower ($p<0001$). **Conclusions:** Self-efficacy training in striation improves knowledge, attitude and selfcare behaviours performance of the subjects and the related average of HbA1c and FB. The training seems to increase the learners active participation in caring themselves, because they have experienced the results of the training program and they are motivated to enhance their better self-care behaviours.

کلمات کلیدی:

Diabetes, Self-care, Self-efficacy, Health education, HbA1c

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