

Introduction :- Psychosocial factors play a major role in limiting self-management of diabetic patients. Psychosocial factors are those factors associated with psychological and social well being of the people .The biomedical model of diabetes fails to meet patients’ psychosocial needs. Diabetes places a constant strain on patients to maintain the required change in lifestyle.

Research question:- what are the psychosocial factors those determine the selection of treatment plan of type 2 diabetic patients.

Objective:- To identify how psychosocial factors affects treatment plan of type 2 diabetic patients.

Research methodology:-

Study setting:- Healthcare at home, Noida

Study duration:- 15 days

Study type:- Descriptive study with cross-sectional design

Study participants:-Type 2 diabetic patients enrolled in Diabee program at Healthcare at Home, Noida.

sample size:-51

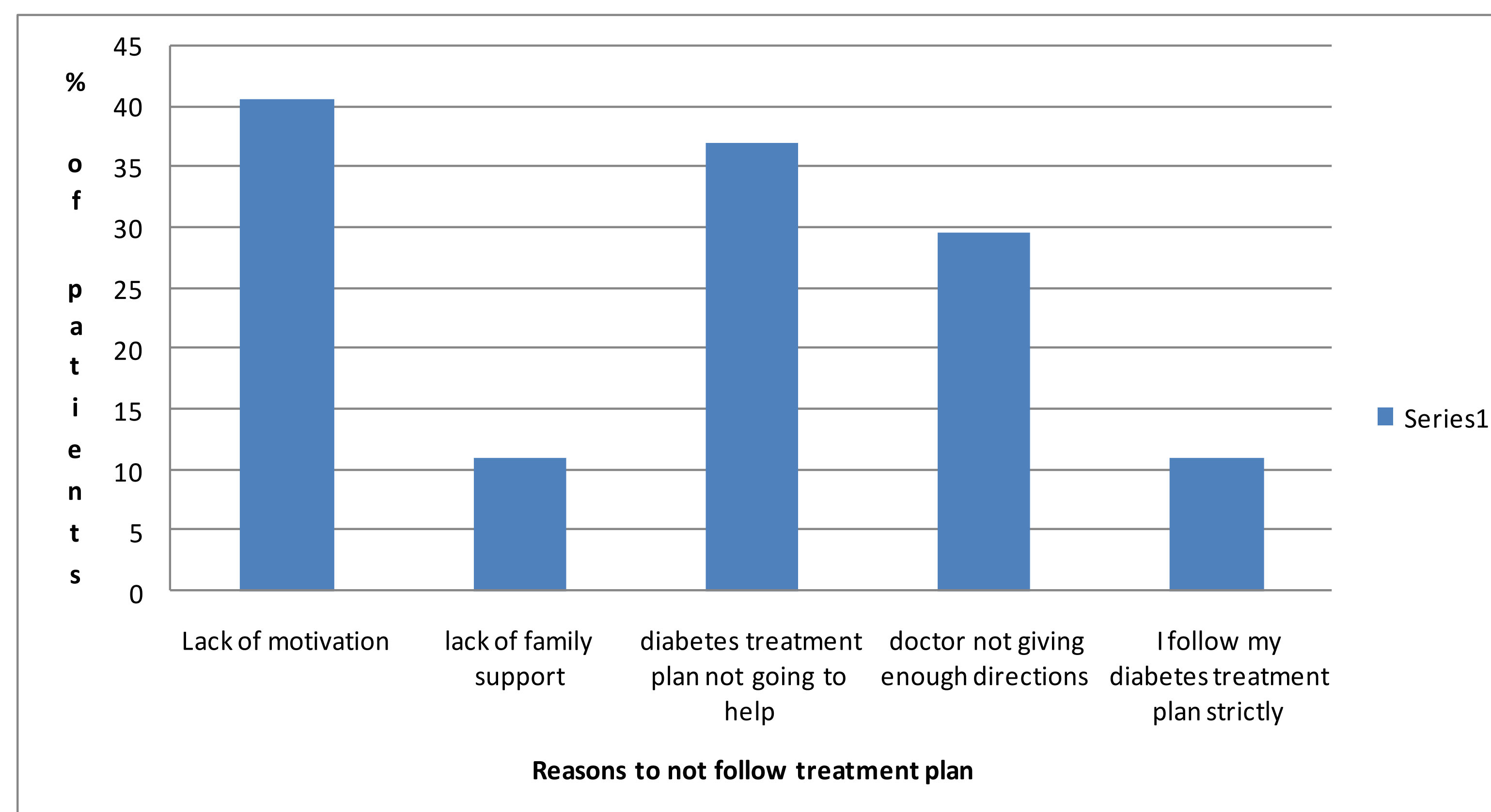
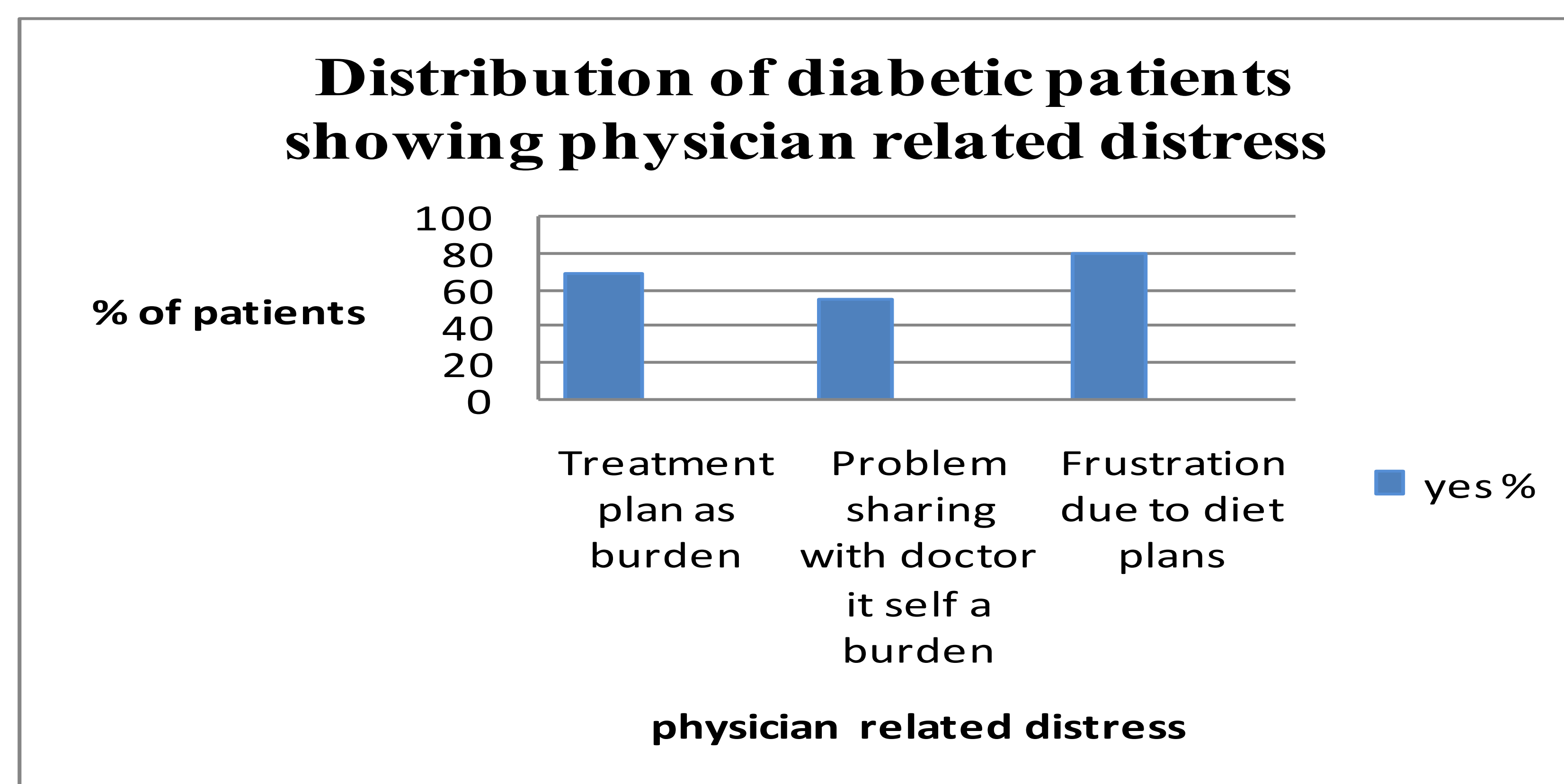
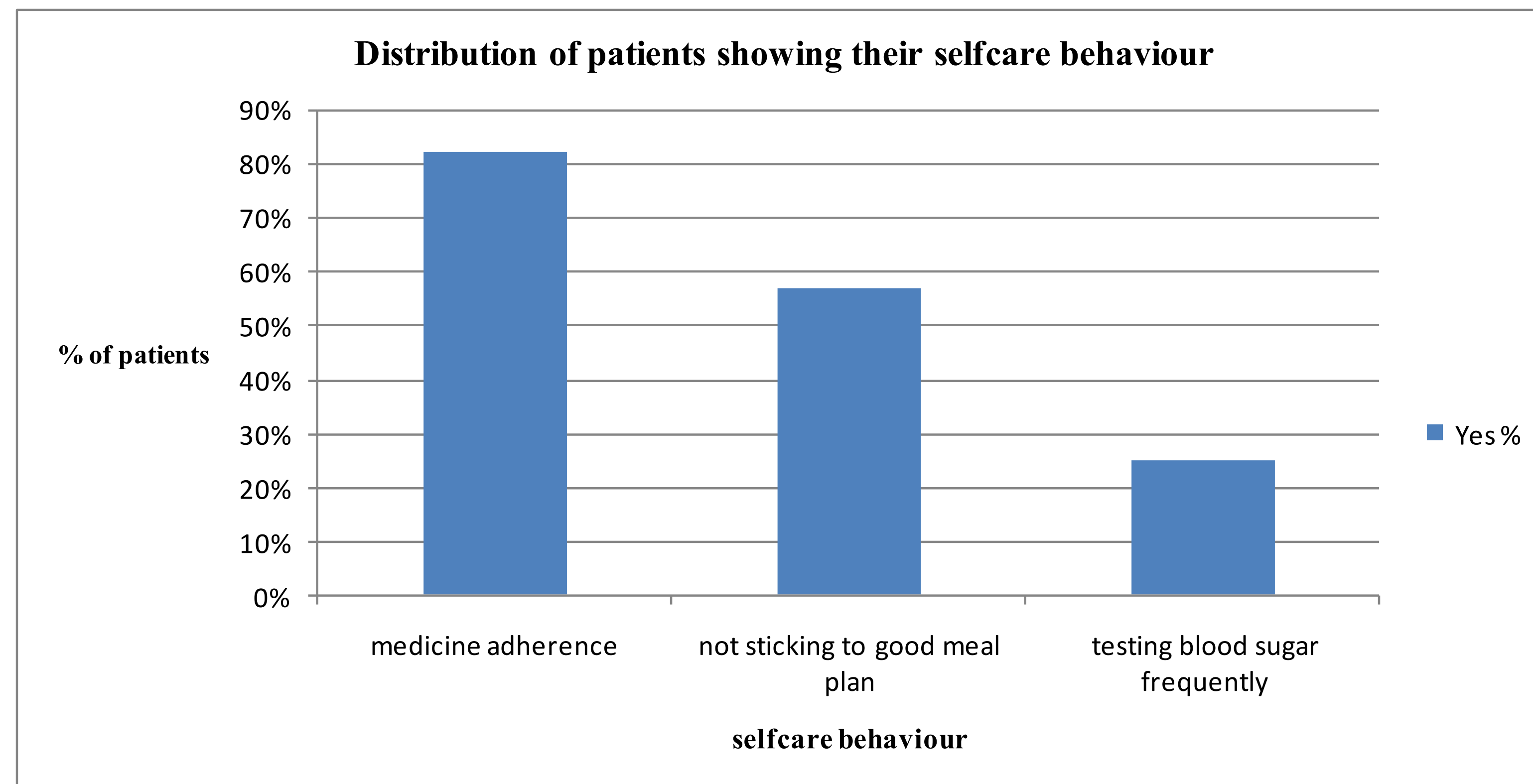
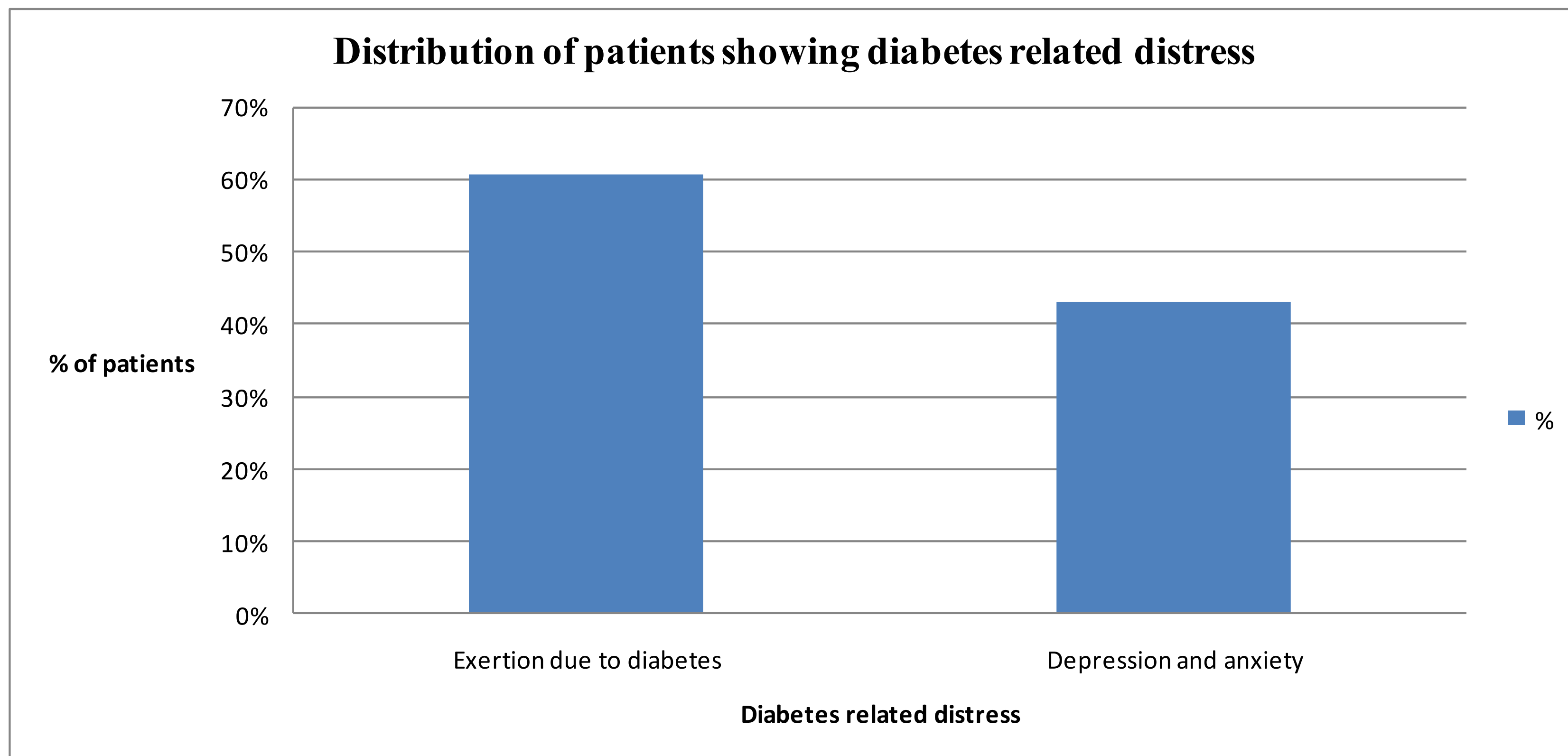
Sampling technique:- Convenience sampling

Data collection:-Semi-structured tool was developed then pretested and desired modification was done. Tool include following variables:-

- Diabetes related stress,
- Physician related stress,
- Self-care behaviour,
- Cultural barrier,
- Family support,
- Sigma and affordability.
- Interview schedule was introduced to participants through phone call. verbal consent was taken.

Data analysis:- data were entered in MS excel data cleaning was done and analysed using MS excel.

Results :-



73% patients don't share their stress related problems with doctors/counsellor because they think they won't help them in this.

50% of patients feel stigmatized because of their diabetes.

64% patients thinks that financial condition hinders in their diabetes treatment plan..

40.7% of patients feels that lack of motivation is major factor which makes them to not follow their diabetes treatment plan.

Conclusion:-

This study concluded that major psychosocial factors determining the treatment plans are:-

Physician related distress as 69% of patients feel treatment plan provided by healthcare providers as a burden. And 80% of patients feels frustrated by diet plans provided by health care providers.

Diabetes related distress:- 42% of patients feels depression and anxiety due to their diabetes

Stigma:- 50% of patients feels stigmatized due their diabetes. And lack of motivation is major factor due to which patients are not able to follow their treatment plans

Recommendations:-

Routinely monitor people with diabetes for diabetes distress, particularly when treatment targets are not met and/or at the onset of diabetes complications. Counselor can also use P AID scale to measure emotional distress.