

# AWARENESS AND PRACTICES OF SELF-MANAGEMENT AND INFLUENCE FACTORS AMONG INDIVIDUALS WITH TYPE 2 DIABETES IN URBAN COMMUNITY SETTINGS IN ANHUI PROVINCE, CHINA

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**Abstract.** This study aimed to determine the knowledge of diabetes, practices of self-management (SM), and potential factors influencing patient knowledge and practices of self-management among individuals with type 2 diabetes in urban Anhui Province, China. A cross-sectional study was conducted between October and November, 2009. Three hundred sixty-five subjects with type 2 diabetes were randomly selected from three urban communities in three separate cities. An interview was conducted to determine subject knowledge regarding diabetes, practices of self-management, and potential factors influencing this knowledge and these practices of self-management. Fewer than half of subjects (45.6%) had a basic knowledge of diabetes and 49.7% practiced adequate self-management. Significant associations were found between subject knowledge of diabetes and their education level (OR 2.096, 95% CI 1.578-2.784) and the length of disease (OR 1.307, 95% CI 1.016-1.681). Those with good self-management were influenced by greater knowledge, (OR 2.057, 95% CI 1.228-3.445), strong self-efficacy in diabetes self-management (OR 1.899, CI 1.253-2.878), and household income (OR 0.537, 95% CI 0.419-0.689). Factors found by univariate analysis regarding self-management included: glucose monitoring was influenced by perception of social support ( $p=0.006$ ), adherence to medication was influenced by attitude toward self-management ( $p<0.001$ ), physical activity was influenced by knowledge ( $p<0.01$ ), attitude ( $p<0.01$ ), self-efficacy ( $p<0.01$ ), and social support ( $p<0.01$ ). However, there were no factors significantly related to healthy dietary practices. Our findings show that best performance in self-management is achieved when those with type 2 diabetes have a high degree of knowledge of diabetes, positive attitudes toward diabetes, strong self-efficacy for self-management and perceptions of good social support.

**Keywords:** type 2 diabetes, awareness, practices, influence factors, China

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