

ASSOCIATION BETWEEN EMOTIONAL DISTRESS AND POOR SELF-CARE AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS IN MEDAN

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ABSTRACT

Background: Although the disease burden of type 2 diabetes mellitus (T2DM) has been investigated extensively, the psychosocial component, particularly its effect on self-care, is under-researched. This study aimed to examine the association between emotional distress and self-care among patients with type 2 diabetes mellitus.

Subjects and Method: This was a cross-sectional study conducted at Puskesmas (Community Health Center) Matsum, Medan, North Sumatera. A total sample of 49 patients was selected for this study. The dependent variable was self-care. The independent variable was emotional distress and some confounding factors. The data were collected by questionnaire, and analyzed by a multiple linear regression.

Results: After controlling for confounding factors, self-care decreased with increasing emotional distress ($b = -2.22$; $p = 0.034$).

Conclusion: Poor self-care is associated with emotional distress.

Keywords: self-care, emotional, distress, diabetes mellitus.

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