Abstract

Background and Aim: Diabetes distress is one of the psychological disorders affecting patients with diabetes, yet there are few studies about diabetes distress in Iranian patients. The present study aimed to determine the status of diabetes distress and its related factors in type II diabetes patients.

Methods: This descriptive-analytical study was performed on 220 patients with type II diabetes referred to *Diabetes Clinic* of *Imam Khomeini Hospital* in *Ardabil*, Iran. The samples were selected using convenience sampling method. This present study was conducted in 11 months. Data collection tools included demographic and disease form, Diabetes distress Scale (DDS), summary of diabetes self care activities and brief Cope questionnaire. Data analysis was performed using SPSS software version 22 via descriptive (frequency, mean, standard deviation) and inferential statistics (compare means, Pearson correlation coefficient, hierarchical regression and stepwise multiple regression).

Results: The finding showed that 42.3% and 21.4% of the patients with diabetes had moderate and severe *diabetes*-related *distress*. Emotional burden dimension had the highest score among the subscales of diabetes distress. The mean score of self care activities was 30.33±11.62, indicating low self care status in patients with type 2 diabetes. Compare to emotion based coping style and avoidance, score of problem based coping strategies was more and equal to 66.95%. The results from multivariable analyses showed that higher BMI, use of insulin, lower levels of blood glucose self monitoring, higher use of avoidance strategies and lower use of problem based strategies were related to greater DDS (p<0.05). The final model of hierarchical regression explained 68.1% of the variance in DDS, so that coping styles had higher portion.

Conclusion: Considering the finding, health care providers must pay attention to how patients deal with disease and its needs, and promote the strategies such as problem based coping style. They also help patients to perform suitably self care activity such as monitoring of blood glucose and retain healthy weight.

Keyword: Diabetes Distress; Type 2 diabetes; Body mass index; coping strategy; Diabetes self care behaviors.