

Prevalence of type 2 diabetes and patients awareness of their disease based on Persian cohort study population of Ardabil in 2018-19 in Ardabil University of Medical Sciences

Abstract

Background: Type 2 diabetes is a silent disease that a person may be unaware of for a long time after the onset and realize its existence as the disease progresses. Therefore, increasing the level of awareness of the existence of the disease and recognizing it has a major role in reducing complications.

Aim: The main purpose of this study is to determine the Prevalence of type 2 diabetes and patients awareness of their disease based on Persian cohort study population of Ardabil in 2018-19 in Ardabil University of Medical Sciences.

Materials and Methods: The present study is based on Persian Cohort. The statistical population includes patients referred to the Gastroenterology and Liver Diseases Research Center of Ardabil University of Medical Sciences. In this study, 20996 residents of Ardabil who are in the age group of 35-70 were studied. The statistical sample of the study was 577 people and the sampling method was Simple Random Sampling. Questionnaires and interviews were used to collect demographic information and disease information and family records. In addition, a blood sample was taken and an FBS test was performed. The statistical sample was divided into diabetic and non-diabetic groups according to self-reported and FBS test results. Data were analyzed in SPSS-24 software using descriptive statistics and Chi-square test.

Results: According to the research findings, the prevalence of type 2 diabetes was 19.24% and the awareness of the disease was 55%. The level of knowledge about type 2 diabetes has a significant relationship with gender, age group, level of education and type of job in the statistical sample ($p < 0.05$). While the level of knowledge about type 2 diabetes has no significant relationship with marital status, dependence on alcohol, hookah, smoking, drugs and also the degree of obesity ($p > 0.05$).

Conclusion: The level of knowledge about type 2 diabetes is generally low and the situation is inappropriate in men. Also, highly educated people who are often employed as employees need to be informed about the symptoms of type 2 diabetes.

Key words: type 2 diabetes, Awareness of the disease, Persian Cohort, Ardabil.