

## Abstract

**Background and Aim:** Diabetes as a chronic disease requires special self-care behaviors until the end of life. Personality traits are considered to be effective psychological factors in controlling diabetes and self-care in patients with diabetes. The present study was conducted with the aim of determining the relationship between self-care and the personality profile of people with type 2 diabetes who referred to the diabetes clinic of the Imam Khomeini (RA) Medical Education Center in Ardabil in 1400.

**Methods:** In this descriptive-correlation study, 160 patients with type 2 diabetes referred to the diabetes clinic of Imam Khomeini (RA) Educational and Medical Center in Ardabil in 1400 were selected by available sampling method. The data collection tool was a questionnaire including diabetes self-care activities (SDSCA) and the short form of Milon's Multiaxial Clinical Test (MCMI-3) along with demographic variables, which were completed through interviews with patients. Data were analyzed using SPSS statistical software and descriptive (mean, standard deviation and frequency) and inferential (Pearson correlation coefficient and linear regression) tests.

**Results: Findings:** The variables of schizoid personality disorder, avoidant personality disorder, depressed personality disorder, dependent personality disorder, antisocial personality disorder, self-injurious personality disorder, borderline personality disorder and paranoid personality disorder had a negative and significant correlation with self-care behaviors ( $0.01 \leq p$ ) and a positive and significant correlation was observed between obsessive personality disorder ( $p < 0.01$ ) and self-care behaviors. The results showed that among the studied demographic factors, factors such as age, education level, marital status, income level and job status had a significant relationship with self-care. Demographic variables and personality profile have been able to predict and explain a significant 57.7 percent of the variance of self-care behavior scores as a criterion variable.

**Conclusion:** The results showed that there is a significant negative relationship between personality profile and self-care status of patients with type 2 diabetes. So that a person's personality profile can predict self-care behaviors. Accordingly, personality traits can be considered as one of the influencing factors on self-care in the educational programs of diabetic patients. Holding educational classes in order to empower patients, use psychological interventions and teach effective solutions can be an effective step towards increasing the level of mental-physical health and self-care of patients with type 2 diabetes.

**Keywords:** self-care behaviors; Personality profile; Type 2 diabetes