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**Assessment of empowerment in patients with type two diabetes**

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**Background :** Diabetes is one of the most common metabolic diseases with debilitating symptoms of chronic course and its prevalence is increasing. Frequent hospitalization, high incidence of complications and lower quality of life of patients, the consequence of inadequate control of diabetes are notoriously common. While many experts the main task of diabetes care individual and family know and believes that patients must accept responsibility for Disease Control and be empowered in this regard so this study was carried out to asses empowerment and social variables affecting it in Type II diabetes.

**Methods:** This cross-sectional study in which 224 patients with Type II diabetes referred to the Institute of Endocrinology and Metabolism of Tehran Medical University, using sampling were selected. Data by socio-demographic and empowerment questionnaire (with 8 items) were collected and then were analyzed using SPSS software.

**Results:** The results showed that mean score of empowerment was 33/41 of 40 and 58/6 percent of patients gained higher than the mean score and 41/4 percent less than the average score achieved. Empowerment with age ( $P = 0 / 001$ ), sex ( $P = 0 / 004$ ), education level ( $P = 0 / 050$ ) and economic status ( $P = 0 / 001$ ) has a significant relationship.

**Conclusion:** Evaluation of diabetes empowerment according to individual social factors affecting it provides information that can be utilized in order to better diabetes management and interventions for increasing quality of life and empowerment of these patients used.

**Keywords:** Type II diabetes, empowerment, sociodemographic factor