



## Explaining the concept of health from the perspective of diabetic women

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**Introduction:** Health is a key concept of nursing which has not been fully described in nursing literature from the perspectives of many different cultures, thus this study is devoted to exploring the meaning of health among Iranian women with diabetes.

**Methods:** Hermeneutic phenomenology based on Van Manen's approach was used. Twenty-one diabetic women referred to the diabetes center of Imam Khomeini hospital in Ardabil were recruited using purposive sampling method. Semi-structured interviews were used for data gathering. Each interview was transcribed verbatim and analyzed with Van Manen's approach simultaneously.

**Results:** Data analysis led to the emergence of six main themes: Spirituality and deism, The most precious jewel of life, Feeling of overall comfort and wellbeing, Not to burden others, Illness acceptance, and Lifestyle adjustments.

**Conclusion:** Health is an issue that is important for patients as they try to cope with their illness using spiritual and religious incentives, as well as trying to change their lifestyles. Findings of this study can be used by health care teams to revise their opinions about patients with diabetes according to the culture of their patients.

**Key words:** Diabetes, Health, Iran, Phenomenology, Women