THE ASSOCIATION BETWEEN DIRECTIVE, NONDIRECTIVE SUPPORT AND SELF-MANAGEMENT BEHAVIOR AMONG PATIENTS WITH TYPE 2 DIABETES IN COMMUNITY OF BEIJING, CHINA

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Objective The purpose of this article is to explore the association between directive, nondirective support and self-management and the influencing factors. Methods Questionnaire-based investigation, physical examination and glycated hemoglobin test were conducted on 474 eligible patients with type 2 diabetes in community. The Summary of Diabetes Self-Care Activities Measure, SDSCA, was adopted to investigate the self-management behaviors, and self-designed Directive and Nondirective Support Scale among Patients with Diabetes, DNSS-PD, was adopted to measure the directive and nondirective support among patients with diabetes. Results A total of 452 patients with diabetes were included in the analysis. Nondirective support had positive correlation with five aspects of self-management (diet, physical activity, blood-glucose self-monitoring, foot-care and smoking), while directive support had positive relation with self-management in diet and physical activity. Among patients who received high level directive support, the self-management behavior of patients who had high affection degree of directive support was significantly better than that of patients who had low affection degree of directive support (P=0.0110.05). Age (OR=0.962, P=0.010.05), gender (OR=2.683, P=0.0050.05), nondirective support level (OR=4.232, P=0.001) and affection degree of directive support (OR=2.202, P=0.0150.05) were influencing factors of self-management behavior. Conclusion Both high level directive support and high level nondirective support had positive correlation with better self-management behavior. In addition, affection degree of directive support should be considered so as to maximize the effect of directive support among patients with diabetes. In the future, more consideration and support of self-management should be provided for older obese male patients with diabetes in community, especially nondirective support.