

Euro Diabetes 2017: Psychometric evaluation of the Diabetes distress scale in patients with Type 2 Diabetes in Turkey- Nurten Terkes- Akdeniz University

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Diabetes mellitus may be a common chronic disease in nearly all countries. within the world, 387 million people have diabetes, by 2035 this may rise to 592 million. the amount of individuals with type 2 diabetes is increasing in every country. the amount will still increase globally thanks to an aging population, growth of population size, urbanization, and a high prevalence of obesity and a sedentary. consistent with the Epidemiology of Diabetes' studies in Turkey, it is stated that the prevalence of diabetes for the adults who are over 20 years has been 13.7% with a 90% increase during the 12-year period dating from the study.

The disease is related to a variety of health-related complications (i.e. retinopathy, neurology, nephropathy, cerebrovascular, peripheral vascular and cardiovascular diseases, immunosuppression, and sexual dysfunction), high morbidity and mortality rates, and thus imposes substantial social and economic burdens worldwide (American Diabetes Association [ADA], 2014). In fact, it's amongst the five leading causes of death by disease in most countries. to scale back or prolong the event of diabetes complications, researchers, healthcare providers, and policymakers are seeking effective methods of education and management of diabetes.

According to the ADA, the most goals of diabetes care are an honest quality of life and good metabolic control that minimize complications (ADA, 2014). it's necessary that the symptoms of the patient should be assessed carefully so as to succeed in these goals. Conventional assessment for diabetic patients relies on clinical measures, for instance, glycemic control and diabetes complications. However, the utilization of clinical measures alone for diabetes management is restricted because clinical measures can't fully capture the patient's health outcomes, especially psychological impact. For this reason, a more detailed scale is required to work out the symptoms of patients with type 2 diabetes. These symptoms are often prevented or decreased with safe and simply applicable scales and conscious nurse initiatives. Also, after the assessment implemented by the scales, the issues that patients with type 2 diabetes are browsing are

often noticed in an early period and individuals can get awareness about the decrease of complications with necessary consultancy services (ADA, 2014). The Diabetes Symptom Checklist-Revised (DSC-R) was developed to capture the subjective experience of diabetes-related symptoms and changes as a result of medical treatment. No reports on translation or validation of DSC-R to the Turkish language has been reported earlier. The aims of this research planned within the light of this information are to gauge the psychometric properties of the DSC-R, as measures of diabetes-related symptoms, in patients with type 2 diabetes in Turkey.

Aim: To gauge the psychometric properties of the Diabetes Distress Scale, as measures of diabetes-related psychosocial symptoms, in patients with type 2 diabetes in Turkey. Methods: This research was administered on 170 patients diagnosed with type 2 diabetes within the Department of Endocrinology and Metabolic Diseases of a university hospital in Turkey from 15th September 2016 till 15th January 2017. Personal information forms developed by the researchers and therefore the Diabetes Distress Scale was used because of the data tools. consent was obtained from the patients. Descriptive statistics, parametric and nonparametric tests, and exploratory correlational analysis were utilized in data analysis. Results: consistent with the results of the research, the patients had a mean \pm standard deviation age 55.9 ± 7.54 years (range, 20–65) and included most patients who were female (64.1%), married (87.1%), housewives (50.3%), and had completed primary education (47.4%). Cronbach's alpha found reliability for the entire scale to be 0.91 and subscale alpha coefficients ranged 0.76–0.85. The exploratory correlational analysis resulted during a three-factor structure: (1) emotional and regimen distress (9 items), (2) health professional-related distress (4 items), and (3) diabetes-related interpersonal distress (3 items). Conclusion: The Turkish version of the Diabetes Distress Scale was found to be a reliable and valid means to live diabetes-related psychosocial symptoms in patients with type 2 diabetes.