ABSTRACT

The aim of the present study was to investigate the effect of ‘Diabetes Patient Education’ on Anxiety, Depression and Perceived Stress among Type 2 diabetics. The sample consisted of 120 adults diagnosed with Type 2 diabetes (60 men, 60 women) visiting the Iranian Diabetes Society and Imam Khomeini Hospital complex in Tehran, Iran. Their age ranged from 35 to 65 years. The demographic data sheet and selected tool, The Zung Self-Rating Anxiety Scale by Zung, 1971; Beck Depression Inventory by Beck & Beamesdefer, 1974; and The Perceived Stress Scale by Cohen, Kamarck & Mermelstein, 1983) were administered on all the identified cases. All the cases voluntarily participated in this research. They were notified that their personal information provided in the study would be kept strictly confidential and used for research purpose only. The sample for the study was selected based on the inclusion criteria. The pre-test assessment was done to determine the baseline of the sample on anxiety, depression, and perceived stress. A larger sample (N=482) was tested on anxiety, depression, and perceived stress and those who had significant symptoms were selected randomly for the main study. The selected subjects were drawn into two groups, the intervention group (n=60) and the control group (n=60) respectively. After the selection, DPE was given to the intervention group in 6 sessions for duration of 6 weeks while the control group did not receive any form of intervention. At the end of intervention program, again, anxiety, depression and perceived stress were assessed. Repeated measure ANOVA revealed that DPE was highly effective in reducing anxiety, depression and perceived stress. The present study revealed that DPE was highly effective in reducing anxiety, depression and perceived stress among Type 2 diabetics.