LIST OF ABBREVIATIONS

ADA: American Diabetes Association
ANOV A: Analysis of Variance
BMI: Body Mass Index
CAD: Coronary Artery Disease
CVD: Cardio Vascular Disease
DF: Degree of Freedom
DM: Diabetes Mellitus
FAO: Food and Agriculture Organization
HbA1c: Glycosylated Hemoglobin
HC: Health consciousness
HDL: High- Density Lipoprotein
HLC: Health Locus of Control
IDDM: Insulin dependent Diabetes Mellitus
IDF: International Diabetes Federation
JNMC: Jawaharlal Nehru Medical College
LDL: Low- Density Lipoprotein
MHLC: Multidimensional health locus of control
MUFA: Monounsaturated fatty acids

NIDDM: Non-Insulin dependent Diabetes Mellitus

OPD: Out Patient Department

PUFA: Polyunsaturated fatty acids

PVD: Peripheral Vascular Disease

SD: Standard Deviation

SE: Standard Error

SES: Socio-economic status

SMBG: Self-Monitoring Blood Glucose

SS: Social support

WHO: World Health Organization