ABSTRACT

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Title: Effectiveness of a Diabetic Booklet in Behavioral Modification

Keywords: Diabetes; Capillary blood glucose (CBG); Body mass index (BMI); insulin

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Diabetes is an increase in blood sugar either due to decrease sensitivity or impaired secretion of insulin. Diet, exercise and medical management are the major factors in the controlling the disease which were incorporated in the diabetes booklet and used as an intervention. The purpose of the study was to determine the level of effectiveness of the use of the diabetes booklet in terms of behavior change, blood sugar, and body mass index.

This was a quasi-experimental study which included 30 diabetic subjects (15 intervention group and 15 control group). Each group was composed of subjects with the same characteristics. The intervention group was given a diabetes booklet and was taught on its usage. The use of behavioral assessment questionnaire, capillary blood glucose (CBG), and body mass index (BMI) to monitor both groups.

There was a significant difference in the behavior of the subjects as indicated by the behavioral assessment questionnaire (p-value = 0.0001) and capillary blood sugar (CBG) (with p-value = 0.001). The use of the booklet is not significant in the body mass index (BMI) (p-value = 0.45) as an indicator of behavioral change. There was also no significant difference found along the variable age (p-value = 0.10) and gender (p-value = 0.16). The diabetes booklet can help modify behavior and CBG of individuals with T2DM but does not influence the body mass index. Demographic data like gender and age are not factors in behavior modification. The improved diabetic booklet is suggested to be used among all patients with diabetes. Consistent follow-ups by a health care provider is also advised. An improved version of the diabetes booklet which suits the need of the patient is recommended.