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PSYCHOMETRIC EVALUATION OF THE DIABETES DISTRESS SCALE IN PATIENTS WITH TYPE 2 DIABETES IN TURKEY

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Aim: To evaluate 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 carried out on 170 patients diagnosed with type 2 diabetes in 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 the Diabetes Distress Scale were used as the data tools. The informed consent was obtained from the patients. Descriptive statistics, parametric and nonparametric tests and exploratory factor analysis were used in data analysis.

Results: According to the results of the research, the patients had a mean±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 total scale to be 0.91 and subscale alpha coefficients ranged 0.76–0.85. Exploratory factor analysis resulted in 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 measure diabetes-related psychosocial symptoms in patients with type 2 diabetes.

Biography

Nurten Terkes completed her Master's degree in 2012 and doing her PhD at Akdeniz University Institute of Health Sciences. She has many articles published in national and international journals about diabetes mellitus. She participated in many national and international congresses about diabetes mellitus. She is a Research Assistant at Akdeniz University Faculty of Nursing.

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