

## ABSTRACT

### Effect of Diabetes Education Provided to Type 2 Diabetic Patients on Cognitive-Social Factors

**Aim:** The purpose of the study is to examine the effect of diabetes education provided to type 2 diabetics on cognitive-social factors and their metabolic control variables

**Material and Method:** In the study was performed one group pretest – posttest design. The research population was created 287 patients, who were admitted to Endocrinology Clinic at the T.C. Ministry of Health, Recep Tayyip Erdogan University Education and Research Hospital from August 15, to September 15, 2013, for at least 6 month and longer patient diagnosed with Type 2 diabetes and without insulin pump therapy. The study sample was consist of 75 patient with type 2 diabetes, was determined by power analysis in this population and were randomly selected. 13 of patients were removed from study due to various reasons, and study was conducted with 62 patients. The collection of data; Data were collected using Individual Recognition Form, Turkish Multi Dimensional Diabetes Questionnaire and Metabolic Control Follow-Up Form. In statistical analysis was used Kolmogorov-Smirnov Test, Paired Series T Test and Wilcoxon Signed Ranks Test.

**Results:** The mean scores before and after education of cognitive-social factors were compared; it was found to be statistically significant the difference between pre-education and post-education mean scores of interference, severity, positive reinforcing behaviors and outcome expectancies ( $p < 0.05$ ). It was not found to be statistically significant the difference mean scores of social support and self-efficacy ( $p > 0.05$ ). It was found to be statistically significant the difference between pre- and post-education mean values of arterial blood pressure ( $p < 0.05$ ). It was not found to be statistically difference mean values of fasting and random plasma glucose, HbA1c, HDL, LDL, triglyceride, waist circumference and body mass index ( $p > 0.05$ ).

**Conclusion:** Planned diabetes education provided to type 2 diabetics is not affected metabolic control variables outside blood pressure, but is positively affected other cognitive-social factors outside social support and self-efficacy.

**Key Words:** Cognitive-social factors, diabetes, education, patient, metabolic control variables, nursing