ABSTRACT

The aim of this cross-sectional study was to study the factors affecting the compliance of diabetes mellitus patients at the Diabetic Clinic, Yala Provincial Hospital, Thailand. Factors affecting treatment such as socio-demographic characteristics, knowledge, perception and social support from family and health personnel were examined in the study.

The subjects consisted of 150 purposively selected NIDDM patients who had had at least one year of full treatment at Yala Provincial Hospital. Two trained interviewers collected the data during the period from 14th March to 3rd April 2001 by open-ended and close-ended questionnaire. The compliance of the patients was assessed in two ways: a) from the questionnaire according to their adherence to prescribed therapy including diet, drugs, exercise, regular follow-up visits to the clinic, and their history of admission to hospital due to acute and chronic complications, b) from clinical records, including proportion of normal BMI measurements within one year, proportion of normal FBS within one year, and complications. Analysis of the data was done by Chi-square tests, T-test and Mann Whitney U test.

The finding of the study revealed that 58% of patients had good compliance and 42% had poor compliance. There was no relationship between compliance and socio-demographic characteristics except for marital status, but there was a significant association between good and poor compliance and knowledge, perception and social support by Chi-square tests (p-value <0.001). This study recommends that knowledge should be increased among diabetic patients, that good perceptions should be encourage, and social support should be increased.