

## TABLE OF CONTENTS

PREFACE.....	IV
ACKNOWLEDGEMENTS .....	V
TABLE OF CONTENTS.....	VI
LIST OF TABLES .....	IX
LIST OF FIGURES .....	X
ABBREVIATIONS .....	XI
ABSTRACT.....	XIII
ملخص.....	XVII
INTRODUCTION .....	1
SCOPE OF THE STUDY .....	9
SIGNIFICANCE OF THE STUDY.....	10
RESEARCH QUESTIONS AND HYPOTHESES.....	14
CHAPTER 1 .....	18
LITERATURE REVIEW .....	18
1.1 Introduction .....	18
1.2 Glycemic Control .....	19
1.2.1 Importance of Glycemic Control .....	19
1.2.2 Prevalence of Glycemic Control .....	21
1.2.3 Factors Associated with Glycemic Control.....	24
1.3 Approaches to the Management of Type 2 Diabetes Mellitus.....	26
1.4 Self-Care in Diabetes Management .....	27
1.5 Diabetes Self-Care Measures .....	29
1.6 The SDSCA Questionnaire in Epidemiological Studies .....	30
1.7 Diabetes Self-Care Activities (SCA) .....	31
1.7.1 Diet Self-Management .....	32
1.7.2 Physical Activity/Exercise Self-Management.....	33
1.7.3 Adherence to Medications.....	34
1.7.4 Blood Sugar Testing (BST) / Self-Monitoring of Blood Glucose (SMBG).....	35
1.7.5 Foot Care.....	36
1.7.6 Smoking Status and Smoking Management.....	37
1.8 Assessment of Diabetes Self-Care Activities (SCA) .....	38

1.9 Diabetes Knowledge .....	42
1.10 Diabetes Self Management Education (DSME).....	43
1.11 Barriers to Diabetes Management.....	49
CHAPTER 2 .....	52
METHODOLOGY.....	52
2.1 Study Design.....	52
2.2 Study Area and Population.....	53
2.3 Sample Size and Sampling Frame.....	53
2.4 Data Collection Tools .....	54
2.5 Translation of the Questionnaires .....	56
2.6 Data Collection and Fieldwork Process .....	56
2.7 Ethical Considerations .....	57
2.8 Measures used for the current study.....	58
2.8.1 Data Collection Tools .....	58
2.8.2 Definition and explanation of study variables.....	60
2.8.3 The scoring methodology of the SDSCA (E&R) scale.....	70
2.9 Statistical Analysis.....	73
2.9.1 Descriptive Statistics.....	73
2.9.2 Bivariate Analysis .....	73
2.9.3 Multivariate Analysis.....	74
CHAPTER 3 .....	76
STUDY FINDINGS.....	76
3.1 Response Rate and Sample Characteristics.....	76
3.2 General Characteristics of the Study Population .....	77
3.2.1 Demographic and Socioeconomic Characteristics .....	77
3.2.2 Glycemic Control among the Study Participants .....	80
3.2.3 Selected Disease-Related Characteristics.....	81
3.2.4 Diabetes Self-Care Activities.....	84
3.2.5 Diabetes Self-Care Recommendations.....	90
3.2.6 Physician Inquiry about Patient Self-Care Practices.....	93
3.2.7 Patient Self-Care Activities & Demographic/Socioeconomic Characteristics.....	93
3.2.8 Provider Self-Care Recommendations (SCR) & Demographic/Socioeconomic Characteristics .....	98

3.2.9 Provider Self-Care Recommendations and Patient Self-Care Activities .....	99
3.3 Glycemic control and the Study Variables .....	99
3.3.1 Glycemic Control and Self-Care Activities .....	99
3.3.2 Glycemic Control and Self-Care Recommendations .....	101
3.3.3 Glycemic Control and Physicians Inquiry about Patient Self-Care Practices.....	102
3.3.4 Glycemic Control and Demographic/Socioeconomic Characteristics .....	102
3.3.5 Glycemic Control and Disease-Related Characteristics.....	104
3.3.6 Logistic Regression Model .....	106
CHAPTER 4 .....	110
DISCUSSION .....	110
4.1 Methodological Discussion.....	110
4.2 Discussion of Study Findings.....	114
4.3 Strength and Contributions of the Study .....	135
4.4 Limitations of the Study.....	135
CHAPTER 5 .....	138
CONCLUSION, IMPLICATIONS AND RECOMMENDATIONS.....	138
5.1 Conclusion .....	138
5.2 Study Implications .....	139
5.3 Recommendations for Future Research and Practice.....	140
REFERENCES.....	XIX
ANNEXES .....	XXXVI
Annex 1 .....	XXXVI
Annex 2.....	XXXVII
Annex 3.....	XXXVIII
Annex 4.....	XLII
Annex 5.....	XLVI