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Relationship between the health locus of control and treatment compliance among the T2DM patients

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Background/Aim: DM is a chronic disease which affects millions among the World. in Today's condition we can't provide completely treatment in this disease. Reducing the shortterm and longterm complications is one of the major step of treatment. Treatment compliance of patients with T2DM is very important for this subject. The aim of this study is defining the effects of the health locus of control perception on treatment compliance of patients with T2DM.

Method: Participants were patients with T2DM at Endocrinolgy Clinics of Dokuz Eylul University Hospital. A questionnaire composed of demographic data, a form for metabolic follow which was prepared by researchers and the scale of "health locus of control". Data were analyzed by SPSS.15.

Results: of the 200 of participants, 121 were women. Range of ages were; 23-87 and %45 of participants had the age between 56-65. %36 of participants had T2DM diagnosis duration under 5 years. The participants who had higher educational level, had significantly higher internal locus of control ($p=0,002$). Participants whose job was not about health or education, had significantly lower rates of internal locus of control ($p=0,002$). Gender and marital status showed no relation with health locus of control. Patients with higher internal health locus of control, had also more responsible for their health, and they were also more active for healthy behaviors as physical exercise, healthy diet, compliance of medical treatment, regular physician visits ($p<0,05$). We found that patients with higher chance locus of control, had poor healthy behaviors. Patients with higher perception of external health locus of control showed variability about their healthy behaviors.

Conclusion: This study reveals that patients with T2DM who have higher perception of internal locus of control, have higher compliance to treatment.