

# Relationship between value and self-care behavior in type 2 diabetes patients



Aiko Oya<sup>\*1,2</sup>, Hisashi Makino<sup>\*2</sup>, Cheol Son<sup>\*2</sup>, Mayu Tochiya<sup>\*2</sup>, Tamiko Tamanaha<sup>\*2</sup>, Yoko Ohata<sup>\*2</sup>, Ryo Koezuka<sup>\*2</sup>, Miki Matsuo<sup>\*2</sup>, Kyoko Kohmo<sup>\*2</sup>, Noriko Fujii<sup>\*2</sup>, Harue Kaneko<sup>\*2</sup>, Satie Kawai<sup>\*2</sup>, Kaori Fukushima<sup>\*2</sup>, Naoki Manpuku<sup>\*2</sup>, Kiminori Hosoda<sup>\*2</sup>, Takashi Muto<sup>\*1</sup>

\*1 Doshisha University, Faculty of Psychology, Kyoto, Japan

\*2 National Cerebral and Cardiovascular Center Division of Endocrinology and Metabolism, Osaka, Japan

## Introduction

This study examined the relationship between values and self-care behaviors in Japanese patients with type 2 diabetes.

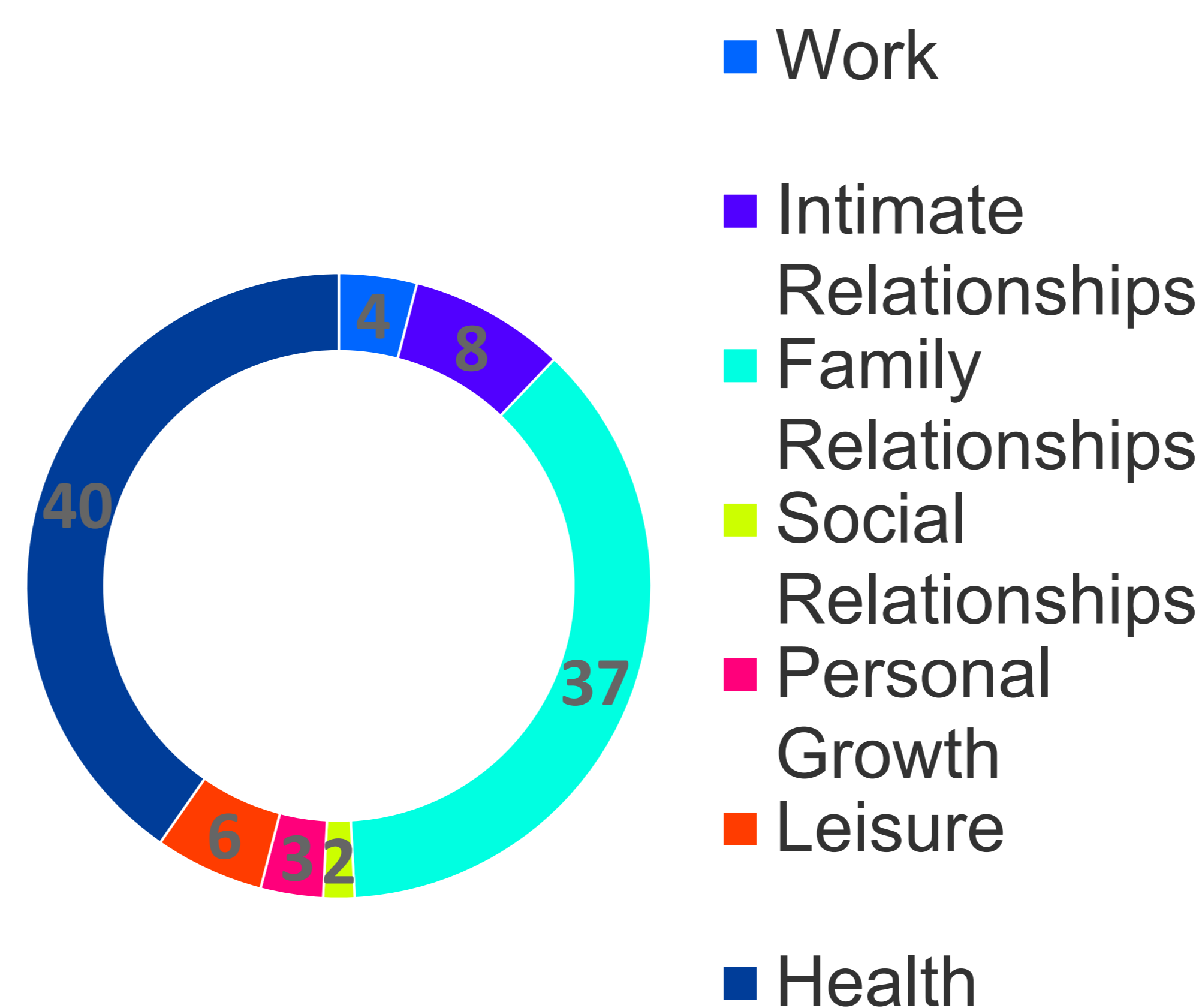
## Methods

- A total of 124 patients with type 2 diabetes responded to questionnaires.
  - ✓ First, based on the Values Clarification Questionnaire (VCQ), the domains and contents that Japanese patients with type 2 diabetes value were investigated.
  - ✓ Second, we examined 1) the degree of committed action (VCQ), 2) avoidance of type 2 diabetes (AADQ), 3) self-care behaviors (SDSCA), and 4) treatment distress (PAID).
- We used ANCOVA with HbA1c as covariate to see if they differed by each value domain's score.

## Results

Table 1 Demographic variables

	n(%)	Mean(SD)
Gender	Male	88
	Female	36
Age (years)		69.9 (9.48)
BMI (kg/m <sup>2</sup> )		24.9 (4.40)
HbA1c (%)		7.4 (1.22)
Diabetes duration		17.0 (10.80)
Oral medication	110 (88.7)	
Insulin	34 (27.4)	
Cerebrovascular accident	22 (17.7)	
Coronary artery disease	27 (21.8)	
Neuropathy	23 (18.5)	



Examples of the value described by the participants

Work: Take responsibility.  
Intimate Relationships: Have fun getting along with my wife.  
Family Relationships: Live without burdening children.  
Social Relationships: Help other people.  
Personal Growth: Ask yourself what the consequences of own way of life were.  
Leisure: Understand that leisure stabilizes the mind.  
Health: Keep my quality of life until the end.

Figure 1 Life domain distribution that participants value (%)

Those who placed more value on family relationships were committed to their value compared to those who valued personal growth

Those who placed more value on family relationships followed a specific diet compared to those who valued intimate relationships.

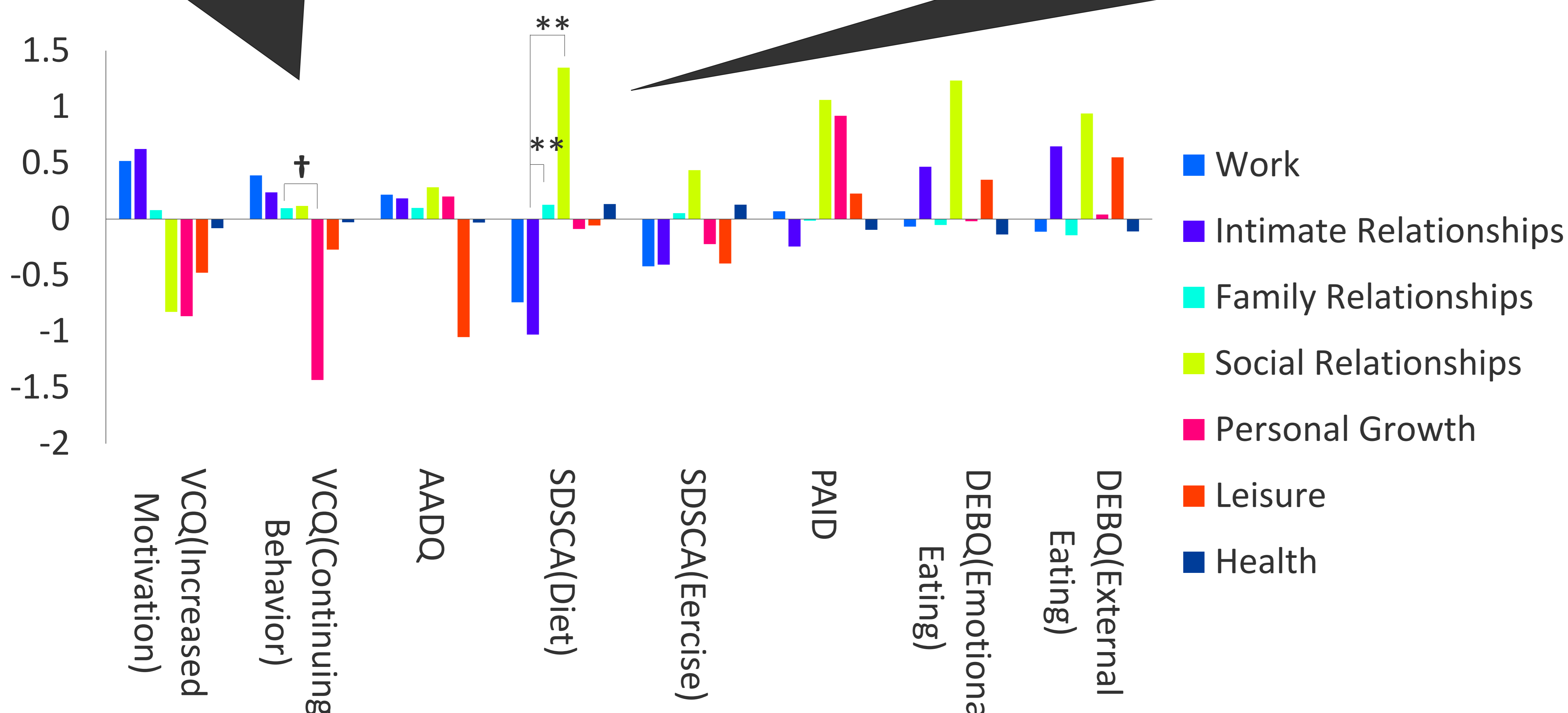


Figure 2 Z-scores for each variable by value domain

## Conclusions

These results suggest that family relationships could motivate self-care behaviors in Japanese patients with type 2 diabetes.