

Original Paper

Effect of educational program based on PRECED model on quality of life in patients with typeII diabetes

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Abstract

Background and Objective: The Problems caused by diabetes have direct and indirect impacts on quality of life of diabetic patients. By increasing of these problems quality of life of patients will decrease. This study was done to assess the effect of the educational program based on PRECEED (predisposing reinforcing enabeling causes educational diagnosis evaluation) model in promoting quality of life of patients with typeII diabetes.

Materials and Methods: This pre- and post-intervention quasi-experimental study was conducted on 78 patients with type 2 diabetes referred to diabetes clinic in Minoodasht located in Golestan province of Northern Iran. The educational program based on PRCEDE Model and patients educational needs was designed. The data were collected using two questionnaires. life-quality WHOQOL- BREF questionnaire and PRCEDE Model-based educational questionnaire. The subjects were followed for one month after intervention to identify the role of educational intervention on patients. The data was analyzed by using SPSS-16 and Paired t-test.

Results: After the intervention, the mean score of quality of life increased from 80.39±11.35 to 81.35±8.31. No significant difference was existed in the total score of quality of life after intervention but there were significant differences in the physical health ($P<0.05$), self-evaluation of quality of life of patients ($P<0.01$) and self-assessment of health of patients after educational intervention.

Conclusion: This study showed that the educational program based on PRECEDE model was effective in improving quality of life of patients with regard to physical health and self-assessment of their health status.

Keywords: PRECEED model, Quality of life, TypeII diabetes

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