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Lifestyle Education and Diabetes Mellitus Type 2: A Non- Randomized Control Trial

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Abstract:

Background: Diabetes mellitus type 2) is an important health problem throughout the world. This study aimed at evaluating the effect of a designed educational program on the lifestyle of the patients suffering from type 2 diabetes mellitus. Methods: Ninety eligible diabetic patients aged 30-60 years old were recruited and then willingly assigned to two groups of clinic group (n= 45) who received only routine medication/ education underwent their leading physician in diabetes society and intervention group (n= 45) who received routine medication/education plus 2 two- hour educational sessions regarding healthy lifestyle to control and prevent diabetes. A five- part questionnaire was used for data collection at baseline and 1- month follow up. Collected data were analyzed by SPSS software. Results: The educational program caused a significant increase in the knowledge ($P < 0.001$), attitude ($P < 0.01$) and practice ($P < 0.01$) of intervention group towards healthy behaviors regarding nutrition, physical activity and self care. Conclusion: It was concluded that our designed educational program could improve the lifestyle of the patients suffering from type 2 diabetes mellitus.

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