

## عنوان مقاله:

Foot-Care Self-efficacy Beliefs, Physical Self-Concept and actual Foot-Care Behavior in People with Diabetes Mellitus

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 1، شماره 3 (سال: 1395)

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## خلاصه مقاله:

Background: The concept of self efficacy and physical self-concept have been shown to be an effective predictor of behavior in many areas of health. This study investigated the relationships between foot-care self-efficacy beliefs, Physical self-concept, self-reported foot-care behavior in people with diabetes. Methods and Material: This is a cross sectional study in which the 90 diabetic individuals who had been admitted to the diabetic clinic of health centers located in Mashhad- Iran between the years 2015 and 2016 was invited to be entered into the study. The demographic questionnaire and the self-report Foot Care Confidence Scale (FCCS) questionnaire and also the self-report Marsh Physical Self-Description Questionnaire (PSDQ) were applied to measure data. SPSS 20.0 was used for the analyses. Results: Ninety patients with a mean age of  $51.82 \pm 11.3$  years were assessed. There is the significant association between foot-care self-efficacy beliefs and higher foot care behavior. ( $r = 0.4, P < 0.05$ ). Also, there was a significant association between physical self-concept and foot-care, so that people who had a better physical self-concept had better foot care behavior. Conclusions: This study has found that foot-care self-efficacy beliefs and .physical self-concept improvement could help foot-care behavior improvement among diabetic people

## کلمات کلیدی:

Foot-care, Self-efficacy Beliefs, Physical self-concept, Foot-care Behavior

## لینک ثابت مقاله در پایگاه سیویلیکا:

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