

## عنوان مقاله:

اثر بخشی مداخله مبتنی بر مدل بزنف بر کیفیت زندگی بیماران مبتلا به دیابت تیپ دو

## محل انتشار:

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## خلاصه مقاله:

Background Type 2 diabetes is the most common metabolic disorder that has a lot of consequences on the quality of life in diabetic patients. Aim: To evaluate the effectiveness of interventions based on BASNEF model on quality of life in patients with type 2 diabetes. Methods: this before-and-after quasi-experimental study was performed on one group of 45 patients with type 2 diabetes, using convenience sampling method, who were admitted in three hospitals in Mashhad, Iran from 2011 to 2012. To collect data a questionnaire developed based on constructs of BASNEF model (knowledge, attitude, subjective norms and enabling factors) as well as the short version of the world health organization quality of life (WHOQOL-BREF) questionnaire. At the beginning of the study quality of life was assessed, and then the intervention was conducted in three 45-minute sessions. Quality of life score was again measured one month later and compared with the baseline score. Data were analyzed with SPSS Software, version 11.5 using paired t-test in 95% level. Results: The mean age of sample was  $47.5 \pm 6.7$  and most of them (55.5%) were male. Based on paired t-test a significant increase was observed in scores of both QOL dimensions and also BASNEF model constructs after as compared with before the intervention ( $P < 0.05$ ). Conclusion: BASNEF model is an effective model to design programs to improve the quality of life in patients with type 2 diabetes.

## کلمات کلیدی:

BASNEF Model, Quality of life, Type 2 diabetes

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