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Master's Thesis of St. Luke's International University Graduate School (2022)

**Health Literacy, Self-care Management, and Quality of Life  
of Patients with Type 2 Diabetes Mellitus**

インドネシアにおける 2 型糖尿病患者のヘルスリテラシー、セルフケアマネジメント、QOL に関する研究

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## Abstract

**Purpose:** Health literacy may have the capacity to enhance one's health management and prevent the development of chronic diseases, especially diabetes. In diabetes care, health literacy and self-care management are important constructs. With sufficient literacy and good abilities such as managing blood glucose, maintaining a diet, and adequate exercising, it could improve the quality of life of people with type 2 diabetes mellitus (T2DM). This study aimed to describe the association among health literacy, self-care management, and quality of life, also to assess the social demographic risk factors on health literacy and quality of life of life of patients with T2DM in Manado City, Indonesia.

**Methods:** The design used was cross-sectional descriptive analytical correlational study. It was conducted from July to October in 2021. Participants were all patients with T2DM. The European Health Literacy Survey Questionnaire (HLS-EU-Q16) was used to measure health literacy score and Diabetes Quality of Life (DQoL) scale to measure QoL score and to describe the association between health literacy and QoL; unadjusted and final adjusted multiple linear regression were used.

**Results:** A total of 218 participants were included in this study (mean age of  $59.40 \pm 9.85$  years old). Health literacy was significantly associated with QoL. Participants with low literacy had worse quality of life (final adjusted estimate ( $\beta$ ) = -4.12, 95% CI = -5.947, -2.302,  $p = <0.001$ ). The associations between self-care management and QoL were significant for dietary, physical activity, and health-care use subscale ( $p = 0.014$ ,  $p < 0.001$ ,  $p = 0.025$  respectively).

**Conclusion:** This study showed that there is a significant association between health literacy and QoL, and between self-care management and QoL (dietary, physical activity, and health-care facility use subscales) in patients with T2DM in Manado City, Indonesia.