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## The relationship of self-efficacy and diagnostic tests in diabetic patients in Iran

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**Background:** Diabetes is a chronic disease that needs a special self-management program during the life. Self-efficacy is an essential aspect which promotes self-management behaviors that has a special role in treatment and control of complication in these patients. So, the purpose of this study was to assess self-efficacy and its relation to diagnostic test in diabetic patients.

**Method:** In a cross-sectional study, 100 diabetic patients were selected randomly. The score of self-efficacy was evaluated with diabetes management self-efficacy scale (DMSES) and FBS and HbA1c were gathered in the laboratory of a center. Data were analyzed using SPSS software and

statistical significant level was set as 0.05.

**Results:** The score of self-efficacy were low in diabetes patients. There was significant negative relationship between self-efficacy and FBS and HbA1c ( $r = -0.76$ ). Also, statistical analysis t-test showed that there were significant differences between marital status and education with self-efficacy, as their significant value was  $<0.001$ .

**Conclusion:** Self-efficacy has a profound effect on diabetes control, so designing an appropriate program to improve self-efficacy in these patients is highly recommended. Nurses can have a critical role in designing such a long term program.

### Biography

Raheleh Sabet Sarvestani has completed her PhD at the age of 31 years from Shiraz University of Medical Sciences, Iran. Singapore. She is working as a faculty member in Fasa University of Medical Sciences. She has published more than 15 papers in reputed journals and has been serving as an editorial board member of repute.

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