

## **Factors Determining Self-Management Behaviors in Adult People Living with Diabetes**

Diabetes represents a global public health challenge. This chronic disease is associated with high mortality, morbidity and disability, high social and economic costs, and loss of quality of life both for

2)

patients and their families. The success of any treatment strategy largely relies on the patient's ability to perform diabetes self-management behaviors (DSMBs). DSMBs includes multiple interacting care activities, and involves proactive engagement, maintained daily by the patients and their families over the long term. Identification of factors determining DSMBs is a key point to helping patients obtain good diabetes health-related outcomes.

This thesis project aims at identifying these cognitive, psychologie, social and environmental factors, and describing their influence on motivation to perform and actual performance of DSMBs as reported by adult patients with diabetes. We plan to conduct a cross-sectional survey based on self-care and health behavior theories. The population will consist of adults with diabetes living at home with standing residency in the canton of Vaud, Western Switzerland, during the project duration.

This thesis project will have general relevance both for understanding DSMBs and directing educational interventions for people with diabetes. In particular, the results will help identify:

1) patterns and correlates of DSMBs

DSMBs main determinants acting as obstacles or supports of DSMBs

3) patients' specificities and needs in the process of diabetes self-management.

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**RECHERCHE**