EP057

TOWARDS A PRACTICAL TOOL: DEVELOPMENT AND VALIDATION OF A SHORTENED DIABETES BEHAVIOUR DIAGNOSIS INSTRUMENT (DBDI) FOR TYPE 2 DIABETES

MINISTRY OF HEALTH MALAYSIA
INSTITUTE FOR HEALTH BEHAVIOURAL RESEARCH

Nadia binti Amirudin

Institute for Health Behavioural Reaserch (IHBR)



Introduction

Behavioural theories highlight the importance of knowledge, motivation, and practices in shaping diabetes self-care behaviours; including medication adherence, blood glucose monitoring, healthy diet, and proper foot care. Existing tools to assess these factors are often lengthy and impractical for routine use. Therefore, there is a need for a concise and user-friendly instrument to assess behavioural determinants among patients with type 2 diabetes.

General Objective

To develop and validate a practical shortened Diabetes Behaviour Diagnosis Instrument (DBDI) for patients with type 2 diabetes using a structured study protocol.

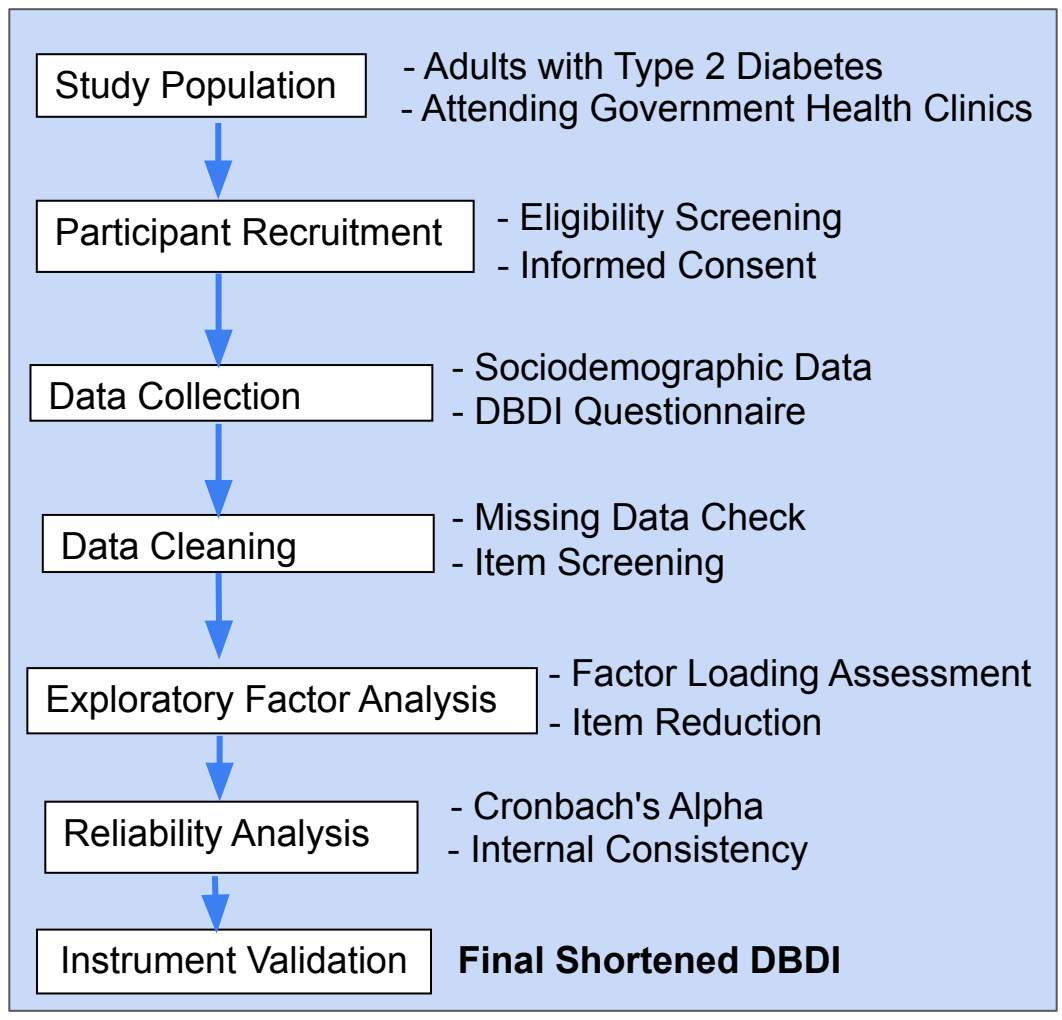
Methods

METHODOLOGY	
Study Design	Cross-sectional study
Study Setting	Government healthcare clinics in Klang and Petaling district
Study Population	Adults aged 18 years and above diagnosed with type 2 diabetes
Sample Size	500 participants
Sampling Method	Convenience sampling
Data collection	Shortened DBDI Questionnaire
Data Analysis	• Descriptive statistics • Exploratory Factor Analysis (EFA) • Factor loading assessment • Reliability analysis (Cronbach's Alpha) • Face Validity & Content Validity

Instrument Domains

DOMAIN	SUBDOMAIN	No. of items
INFORMATION	• Diabetes knowledge • Self-care knowledge	15
MOTIVATION	• Awareness • Perception • Social support • Self-care motivation	14
BEHAVIOUR	• Self-monitoring of blood glucose (SMBG) • Medication compliance • Diet management • Foot care & footwear • Physical activity	20

Study flow structure



Expected Outcome & Conclusion

The shortened DBDI is expected to demonstrate acceptable construct validity, good internal consistency reliability and a practical structure for assessing behavioural determinants in diabetes management.

As a conclusion, a shortened version of the DBDI is required to make it more user-friendly, less time-consuming to assess core behavioural domains among individuals with Type 2 Diabetes. It also aims to achieve stronger validity and reliability for each content of the items.

Acknowledgment

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