

Self Care, Coping Strategies and Quality of Life of Individuals With Diabetes

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Diabetes-related distress has an adverse impact on health outcomes, including haemoglobin, dietary and exercise behaviours. Purpose of the present study was to determine the relationship between self-care, coping strategies and quality of life of individuals with diabetes. It was hypothesized that there is likely to be a relationship between self-care, coping strategies and quality of life of individuals with diabetes; coping strategies are likely to mediate the relationship between self care and quality of life. The sample comprised of 250 individuals with equal number of type I and type II diabetes and it was recruited from different hospitals in Lahore. We used Diabetes Self-care Activities Scale (DSAS), Coping Strategies Questionnaire (CSQ) and Quality of Life Scale (QoL) for assessment. Results showed that good self-care improves quality of life with the mediation of coping strategies in individuals with diabetes. Present findings might prove helpful for individuals, healthcare professionals and caregivers of individuals with diabetes in improving their quality of life.

Keywords. Diabetes type I, Diabetes type II, self-care, coping strategies, Quality of life