

**Illness Perception, Health Literacy, and Self-Care Management
among Jordanian
Patients With Type 2 Diabetes Mellitus**

By

Khadeja Mahmoud al-khateeb

Supervision

Dr. Malakeh. Z. Malak

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Abstract

Diabetes self-care is characterized as an evolutionary process of increasing knowledge or awareness through learning to cope with the complex nature of diabetes in a social context. Self-care behaviors are strongly influenced by illness perception and health literacy. However, little is known about their relationship to self-care management among Jordanian patients with Type 2 Diabetes Mellitus. Thus, this study aimed to assess illness perception, health literacy, and self-care management among Jordanian patients with diabetes mellitus type 2. A descriptive, correlational design was adopted and 401 responded. The data were collected utilizing a structured self-reported questionnaire and interview. This questionnaire involves these instruments: socio-demographic data, the Brief Illness Perception Scale (B-IPQ), a Shortened Version of the Diabetes Numeracy Test (DNT 15), and the Diabetes Self-Management Questionnaire (DSMQ). The results showed that the participants suffered from partially illness perception ($M=5.3$, $SD=0.94$), partially health literacy ($M=7.2$, $SD=3.40$), and suboptimal self-

care management ($M=5.8$; $SD=1.28$). There was a positive correlation between health literacy and self-care management. Additionally, health literacy, age, gender, and duration of illness were predictors of self-care management. Therefore, it is necessary to develop the appropriate health services to improve self-care management for Jordanian patients suffering from Type 2 Diabetes Mellitus and consider the correlating factors.

Keywords: Health literacy; Illness perception, Self-care management, Type 2 diabetes mellitus.