Health related quality of life and coping strategies of children with type 1 diabetes mellitus attending a tertiary care setting

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Abstract

Introduction: Diabetes mellitus (DM) is a syndrome that results in abnormally high blood sugar levels and is due to the combined effect of hereditary and environment. There is a global increase of type 1 diabetes at a proportion of 3% annually in children and adolescents and frightening 5% increase annually among pre-school children. The highest incidences were found in the 10 to 14 years (Swift, 2007). Objectives: The objectives were to determine the health related quality of life (HRQOL) and coping strategies of children with type 1 DM, to find the association between HRQOL with selected demographic variables and to identify the correlation between different domains of coping strategies with HRQOL. Method: Cross sectional study design was used to find out the HRQOL and coping strategies of children with type 1 DM. Sample for the present study consists of 61 children with type 1 DM within the age group of 8-15 years attending Paediatric Diabetic clinic and Paediatric medicine wards of Sree Avittom Thirunal (SAT) Hospital, Trivandrum. Results: The present study revealed that majority of the children (93.4%) had good generic Quality of Life (QOL). Out of 61 diabetic children, 44.3% of children had good diabetic related QOL, 55.7% of children had moderate diabetic related QOL. 67.2% of children had good HRQOL and 32.8% of children had moderate HRQOL. None of the children had poor HRQOL. Boys showed better HRQOL than girls. Statistically significant association was present between age of disease onset and HRQOL (p value is < .05). HRQOL had a positive correlation with cognitive palliative and acceptance domain and had negative correlation with coping domains such as avoidance, emotional reaction, wishful thinking and distance.

Key words: Children, coping strategies, health related quality of life, type 1 diabetes mellitus