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THE EFFECT OF TRANSTHEORETIC MODEL BASED MOTIVATIONAL INTERVIEW ON SELF-EFFICACY, METABOLIC CONTROL AND HEALTH BEHAVIOUR IN INDIVIDUALS WITH TYPE 2 DIABETES MELLITUS

Abstract:

This study was conducted to determine the effect of Transtheoretic Model based motivational interview on self-efficacy, metabolic control and health behaviour in individuals with Type 2 Diabetes Mellitus.

This randomized controlled and single-blind study was conducted with totally 50 individuals, being 25 in the intervention group and 25 in the control group who applied to Erciyes University Faculty of Medicine Endocrinology and Metabolism outpatient clinic between the dates of January 8th and November 18th in 2014. Ethical approval from the Ethics Committee of Clinical Researches and written informed consent from the participants were obtained. Data were collected using Self-Efficacy Scale in Type 2 Diabetics, Metabolic Control Follow-Up Schedule, Blood Sugar Follow-Up Form, Medication Use Follow-Up Schedule, Walking Follow-Up Schedule, Food Consumption Record Form and Behaviour Change Stage Diagnostic Form in Individuals with Type 2 Diabetes Mellitus. Interviews were carried out once a month or once in 15 days for a period of 30-45 minutes when they were suitable. By the end of the study, 9.12 ± 1.20 motivational interviews on average were held. Data were analysed with Independent Samples t test for normal distributed variables; Mann-Whitney U and Wilcoxon test for non-normally distributed variables. Chi-square test was used for comparing categorical variables. $p < 0.05$ was set as statistically significant.

It was found at the end of the study that self-efficacy score and the number of steps increased and metabolic parameters (fasting blood glucose, HbA1c, body weight, body mass index, waist circumference, blood pressure, blood lipids (except for HDL-C)) decreased on the sixth month compared to the first follow-up in the intervention group. The differences between follow-ups were significant (except for HDL-C) ($p < 0.05$) while the difference in self-efficacy, fasting blood glucose, postprandial blood glucose, HbA1c, body weight, body mass index, waist circumference were significant compared to the control group except for blood pressure and blood lipids ($p < 0.05$). It was determined that an increase was provided in the number of individuals who are in the action phase for nutrition, exercise and medication use which was significantly different compared to the control group ($p < 0.05$).

It was determined that Transtheoretic Model based motivational interview increased the level of self-efficacy, improved metabolic parameters and a progress was made in the nutrition, exercise and medication use behaviour stages within six months in the individuals with Type 2 Diabetes Mellitus.

Keywords:

Type 2 Diabetes Mellitus; Transtheoretic Model; Motivational interview; Self-efficacy; Behavioural

change.