



Title: Evaluation of Self-Efficacy Educational Interventions in Patients with Diabetes: A Systematic Review

Name: Xinjun Jiang
School of Nursing, Peking University, China

Purpose: The purpose of this study is to evaluate the effectiveness of diabetes self-efficacy educational interventions in patients with diabetes and to determine the effective components of the interventions. **Methods:** Six databases were systematically searched for studies on the metabolic controls, diabetes self-efficacy, behaviour, knowledge, psychological indicators and quality of life of diabetes self-efficacy educational interventions for patients with diabetes. Sixteen studies published between 2006 and 2017 met the inclusion criteria. **Results:** Glycosylated haemoglobin A1C, fasting blood glucose, diabetes self-efficacy, behaviour and knowledge were identified as positive results in most studies. Only five studies used the complete four sources of information, and eight studies assessed both the self-efficacy and behaviour of participants based on self-efficacy theory. Performance accomplishments, vicarious experience and verbal persuasion were predominantly employed. Such strategies as goal setting, practicing self-management skills, participants' return-demonstration, behaviour recording, peer modelling, verbal persuasion by nurses and face to face delivery were preferred in the included studies. **Conclusions:** Individuals with diabetes are likely to benefit from diabetes self-efficacy educational interventions. The four sources of information and outcome assessments based on self-efficacy theory were insufficient in most studies. Future work is required to develop an effective diabetes self-efficacy educational intervention and further determine the effects.

Biography

Xinjun Jiang is a PhD candidate in Nursing School, Peking University. Her research area is about the diabetes self-management education for persons with diabetes. Now she is conducting a culturally sensitive diabetes education program in China, with the purpose of helping persons with diabetes change behaviour and keep desirable results in blood glucose levels.

Presenting author details

Full name: Xinjun Jiang
Contact number: +8618789028632
Twitter account: None
Linked In account: None
Session name/ number: None
Category: Oral presentation