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A cross-sectional study investigating knowledge, attitudes and health choices in relation to diabetes mellitus among nondiabetic patients attending Chiawelo community practice, Soweto, Republic of South Africa

Tshibeya, M. R.

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A CROSS-SECTIONAL STUDY INVESTIGATING KNOWLEDGE, ATTITUDES AND HEALTH CHOICES IN RELATION TO DIABETES MELLITUS AMONG NON-DIABETIC PATIENTS ATTENDING CHIAWELO COMMUNITY PRACTICE, SOWETO, REPUBLIC OF SOUTH AFRICA

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ABSTRACT

Background: The knowledge, attitudes and health choices of non-diabetic patients in resource-limited settings to prevent the onset of diabetes mellitus (DM) are poorly understood.

Aim: The aim of this study was to investigate and describe the knowledge, attitudes and health choices of non-diabetic patients in relation to DM at the Chiawelo Community Practice (CCP), Soweto, South Africa.

Methods: In this cross-sectional study, a self-reported questionnaire was administered to 165 adult participants attending the CCP from 2nd March to 17th April 2020. Descriptive analysis, Chi square and univariate logistic regression were included in the analysis. Multivariate analysis was done for variables with a p-value <0.25.

Results: In total, the study had 165 participants, of whom 112 (68%) were women, 35% were older than 45 years and 16% were younger than 25 years of age. Almost half (49%) of participants had good knowledge of DM, with 60% indicating good attitudes and 52% making good health choices to prevent DM. Participants who received education from clinicians were 4.31 times more likely to develop better attitudes (p=0,003) and 3.34 times more likely to adopt better health choices (p=0.004) towards DM compared to those who obtained information from media or other sources.

Conclusion: The study found that poor knowledge of DM does not necessarily translate into poor attitude towards the disease, which is noteworthy. The study also highlighted the important role of healthcare workers in influencing behaviour change.

Key words: Diabetes mellitus; non-diabetic patients; knowledge; attitudes; health choices; primary healthcare