Clinical Nutrition Knowledge and attitudes of type 2 diabetic patients in Iran

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Abstract:

Background: Epidemiological studies show the importance of nutrition as a contributing factor to both causing and curing chronic non-communicable diseases such as type 2 diabetes mellitus. There are notable deficits about nutrition education for type 2 diabetic patients. We examined the nutritional knowledge and attitudes related to clinical nutrition among Iranian type 2 diabetic patients.

Methods: The questionnaire consisted of five parts. The first part consisted of personal information about the patients and their body composition. The second part consisted of some questions which measured the amount of the patients' knowledge about food groups and materials. The third part posed some questions about the patients' attitudes toward nutrition and diabetes. The fourth part posed some questions about choosing foods, and the last part collected the patients' recommendations. Content validity of the questionnaire was assessed by nutritionists with expertise in medical nutrition therapy. In addition, face validity was assessed by a group of newly qualified nutritionists. An answer key, which was carefully reviewed by the content validity group, was developed.

Results: A total of 703 type 2 diabetic patients completed the questionnaire. Of the total (n=405), 57.6% were males and 42.4% were females. The mean age of the men and women was 61.7 (SD 5.5) and 58.9 (SD 6.2) years respectively. Mean correct response rates for the second section was 30%. Furthermore, there was a positive and significant correlation between the nutrition knowledge and attitude of the female (r=0.002; P= 0.04) and male (r= 0.25; P= 0.04) patients; and a positive and significant correlation between the nutrition attitude and practices of male and female patients (r= 0.17; P=0.001).

Conclusion: Overall, nutrition knowledge of type 2 diabetic patients was modest. This study paves the way for the development of an education program to improve nutritional knowledge of type 2 diabetic patients.

Key words: Nutritional knowledge, Nutritional attitudes, Type 2 diabetes