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Public Health

**ASSOCIATION BETWEEN DIABETES KNOWLEDGE, SELF-CARE  
ACTIVITIES, AND GLYCEMIC CONTROL AMONG TYPE 2 DIABETIC  
PEOPLE IN CYPRUS, LIMASSOL**

(6197 words)

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December 2022, Limassol



CYPRUS UNIVERSITY OF TECHNOLOGY

FACULTY OF SCIENCES

CYPRUS INTERNATIONAL INSTITUTE FOR ENVIRONMENTAL AND PUBLIC  
HEALTH

Master's Thesis

Association between diabetes knowledge, self-care activities, and glycemic  
control among type 2 diabetic people in Cyprus, Limassol

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# Supervisors

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## ABSTRACT

**Introduction:** Type 2 diabetes' consequences include heart disease, stroke, kidney malfunction, etc. Leading causes of type 2 diabetes include excess body weight and physical inactivity. A healthy lifestyle and correct medication intake are the answer to managing diabetes and preventing complications. Patients are the ones responsible for the daily care of diabetes, therefore, it is of paramount importance for diabetic patients to have the knowledge to manage their diabetes.

**Aim:** This study aims to investigate the associations between diabetes knowledge, application of self-care activities, and glycemic control in adults with type two diabetes.

**Methods:** Data were collected from public diabetic clinics and adult activity centers in Limassol from August to October 2022. A questionnaire for demographic characteristics was given first. Diabetes Knowledge Test was used to assess diabetes knowledge, and the Summary of Diabetes Self-care Activities to assess compliance to self-care activities.

**Results:** : 23 participants of which only 13% scored higher than 11/14, while 39% had poor knowledge. 40% had poor glycemic control. Questions 4, 5 and 8 of DKT were the most missed questions. 73.9% and 82.6% respectively responded following foot care and exercising less than three days the week before.

**Conclusion:** Evidence show limited diabetes-related knowledge. The activities less followed by participants were those related to exercise and foot care while most complied fully with medication intake and blood glucose levels measurement. Majority of those with poor knowledge had poor control. Compliance with self-care activities was similar between glycemic control groups.