SELF-EFFICACY FOR DIABETES DIETARY BEHAVIOR: DEVELOPMENT AND PSYCHOMETRIC EVALUATION

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Background
Diabetes (DM) affects a total of 29.1 million people in the United States. Glycemic control is essential to reduce the morbidity and mortality associated with the disease. The confidence a person has to follow their diabetic meal plan greatly impacts the disease outcome. Bandura’s theory of Self-Efficacy (SE) has been a great predictor of behavior change. There is a lack of instruments to measure diabetes dietary SE.

Purpose
The purpose of the study is to develop and test a Self-Efficacy dietary measure and conduct preliminary psychometric testing in individuals with type 2 diabetes (T2D).

Methods
This study is currently in Phase III which consists of recruiting three hundred participants to take the developed SE scale for T2M dietary behavior. The recruitment criteria included individuals with a known history of T2DM, > 18 years of age, and the ability to read and speak English.

Results
Currently, 224 participants have been enrolled: Black or African American 17.1%, White or Caucasian 80.7%, Asian 1.1%, American Indian 1.1%. Ethnicity: Hispanic or Latino 1.7% and Not Hispanic or Latino 98.3%. My role has included managing participants during the different stages of Phase III by using a research database, Research Match, and a tracking software called RedCap. Our recruitment efforts have shifted from using Research Match (which yielded mostly Caucasian participants) towards ethnically diverse community clinics, churches, bakeries, health fairs, hair salons, and ethnic markets. The recruitment is ongoing.

Conclusion
The great impact of diabetes and the struggles of dietary SE among underrepresented ethnic groups motivate our recruitment efforts. The barriers presented during this process requires the engagement of cultural insiders, the development of culturally sensitive material and other methods that increase the participation of ethnic minorities.

Implications
Once this questionnaire is completed, diabetes educators will have an instrument to assess people’s confidence in their ability to follow a diabetes meal plan created by educators and researchers, and in turn develop personalized interventions that meet individual needs.