SELF-EFFICACY SCALE FOR DIABETES DIETARY BEHAVIOR: 
DEVELOPMENT AND PSYCHOMETRIC EVALUATION 
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Background
Diabetes affects 29.1 million people in the U.S. and is the 7th leading cause of death. Several research studies have shown that dietary behaviors can improve glycemic control in people with type two diabetes mellitus (T2DM). The theory of self-efficacy helps to explain why individuals make behavior changes such as following a diabetes meal plan. However, there are no dietary self-efficacy questionnaires for individuals with T2DM to measure this behavior.

Purpose
The overall purpose of the study is to develop a questionnaire for measuring adults with T2DM self-efficacy for diabetes dietary behavior. This study has three phases. The purpose of phase one was to develop the items for the questionnaire. Focus groups were conducted that included three different ethnicities: Blacks, Hispanics, and Caucasians. Phase two was designed to develop the newly constructed questionnaire and pilot test it on 11 individuals with T2DM so that the instrument could be refined. Phase three is currently on-going and is a final test of the instrument in 300 individuals with T2DM. A psychometric evaluation of the questionnaire will be conducted to determine the instrument properties, validity, and reliability. Our study is a sub-study of phase one: to determine the multicultural differences between individuals with T2DM and the facilitators and barriers to following a diabetes meal plan.

Methods
We used NVivo to code and evaluate the transcripts from the 4 focus groups and asked: what are people saying, feeling, what was important, what the themes are and how the groups compare. The process we used consisted of:
1. Immersion in data 
2. Generating categories and themes 
3. Coding data 
4. Writing annalistic data 
5. Searching for alternative understandings

Results
Data analysis is ongoing but a manuscript titled, “A Multicultural Evaluation of Facilitators and Barriers to Following a Type 2 Diabetes Meal Plan” is planned following our analysis.

Implications
With the results of the study, we will disseminate information about the racial and ethnic differences between the facilitators and barriers with meal plans so that researchers and clinicians can help patients with T2DM manage their diabetes meal plan and optimize their health outcomes.