Applicant Information

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Abstract Details

Title:

Prevalence, management, and factors influencing diabetes distress at the Volta Regional Hospital: A concurrent mixed methods study among patients and health professionals

Category:

Non-communicable diseases including mental health

Authors:

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Objectives:

Diabetes affects 537 million people worldwide, a figure projected to rise to 783 million by 2045. Beyond medical management, diabetes distress complicates patient outcomes, making comprehensive care essential. We investigated the prevalence and predictors of diabetes distress among diabetic patients at the Volta Regional Hospital, Hohoe.

Method:

This was a concurrent mixed-methods study which adopted descriptive and phenomenological designs. We conducted a survey among 164 patients and in-depth interviews among 4 health professionals and 5 patients. Quantitative data were analyzed using descriptive and inferential statistics while qualitative data were analyzed using interpretive phenomenological analysis.

Results:

The overall prevalence of diabetes distress was 43.9%, with emotional distress being the highest (58.54%), followed by interpersonal (51.83%), regimen-related (51.22%), and physician-related distress (12.80%). Major predictors of distress included treatment complexity, as patients on combined insulin and oral antidiabetic drugs experienced higher distress due to their more complicated regimens (aOR = 7.26, 95% CI = 1.15â€“45.87, p = 0.035). The qualitative data showed that health professionals and patients experienced challenges such as resource constraints, language barrier, and patient non-adherence in the management of diabetes distress.

Conclusion:

Our findings highlight the high levels of distress among patients and challenges militating against service provision to address the distress. Integrating psychosocial support into diabetes care could reduce distress, improve adherence, and enhance overall treatment outcomes. Strengthening healthcare infrastructure and continuous provider training in distress management is essential.

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