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The application of social support and self-efficacy in preventing type 2 diabetes in the Esan adults with prediabetes, Thailand

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This work is a quasi-experimental research aimed to study the application of self-efficacy theory and social support to behavior prevention of type 2 diabetes among pre diabetes adults in Chevan sub district, Phimai District Nakhon Ratchasima Province, Thailand. The samples were selected by using criteria and simple random samplings were 64 persons and divided into two groups. These were the experimental and comparison group with 32 persons in each. The experimental group received intervention six times in six weeks. It included integrating lectures infographic, live personal model, demonstration, practice, social support by line group, home visit. The comparison group received regular lessons from sub-district health promotion hospital Baan Toei. Data was collected by questionnaires and was analyzed by descriptive and inferential statistics. Descriptive statistics (frequency distribution, mean, percentage, standard deviation) and inference statistics (pair sample t-test and independent sample t-test) at 0.05 level of significance were taken into consideration. After study, the results revealed that experimental group gained significantly higher mean scores in knowledge about diabetes and attitude towards diabetes prevention whereas the comparison group gained significantly higher mean score on perceived self-efficacy of diabetes prevention, outcome expectations of their practice, practice of diabetes prevention were significantly higher than those before the experiment and higher than that of the comparison group (p-value<0.001) and blood glucose levels decreased more significantly than before in experimental group and higher than the comparison group (p-value <0.05).