

Abstract

Literature review part of this thesis focuses on the diabetes mellitus diagnosis and its negative effects on mental health and social relationships of diagnosed patients in form of diabetes distress. The research part investigates change of diabetes distress measured by Diabetes distress scale (DDS) and glycated haemoglobin HbA1c in the beginning, at the end and 6 months after the end of the group educational course. The group consisted of 66 Czech people diagnosed with type 2 diabetes (mean age 62 years, SD = 9,77; median = 63,5). Increased diabetes distress (DDS value ≥ 2) in the 1st measurement of DDS was reported by 15 people out of 52 (29%).

There was a significant decrease in HbA1c from the beginning to the end of the course ($\chi^2 (2) = 22.5$; $p < 0,001$) and this low level was maintained even after 6 months after the course. A non-significant reduction in diabetes distress between 1st and 2nd measurement was observed in 45 subjects ($W = 509$; $p = 0,098$). A statistically significant reduction in diabetes distress was observed between the 1st and 2nd DDS measurement only in those 23 subjects ($\chi^2 (2) = 9,50$; $p = 0,002$) who also participated in 3rd DDS measurement - further research in this area would be appropriate. In our sample, no significant difference was found between the sexes, DDS and HbA1c, nor was there a significant relationship between DDS and HbA1c from the 1st to 3rd measurement.

The results of this research can be applied only to our research sample and they cannot be applied to all Czechs with type 2 diabetes mellitus.

Keywords

Diabetes mellitus, diabetes distress, DDS, HbA1c.