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## Effect of Diabetes Self-Management Education on Glycaemic Control in Sudanese Adults with Type 2 Diabetes

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### Background

Diabetes mellitus significantly affects patients' quality of life (QoL), particularly among women in low-resource settings. This study assessed the impact of diabetes on QoL among Sudanese women attending a diabetes center in Port Sudan, Red Sea State, from 2023 to 2024.

### Methods

A cross-sectional study was conducted among 246 female patients with type 2 diabetes. QoL was assessed using the WHOQOL-BREF tool, and data were analyzed using SPSS version 26.0.

### Results

Participants had a mean age of  $54.7 \pm 13.6$  years, with a disease duration ranging from 6 months to 40 years (mean  $9.1 \pm 7.7$  years). Most women (69.9%) reported an average QoL, with domain scores of 56.4 (physical), 62.4 (psychological), 52.0 (social), and 53.2 (environmental). Neuropathy was the most common complication. Key determinants of QoL included age, marital status, education, socioeconomic status, and insurance coverage ( $p \leq 0.05$ ). Women using both oral medication and insulin had the highest QoL, while those on oral medication alone had the lowest. Although glycemic control was associated with better QoL, the relationship was not statistically significant.

### Conclusion

Demographic and disease-related factors play a crucial role in shaping QoL among diabetic women. Tailored interventions addressing these factors are essential to improve health outcomes and overall well-being in this population.