

THE ROLE OF FAMILY AND HEALTHCARE PROFESSIONAL SUPPORT IN DIETARY ADHERENCE AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS

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BACKGROUND: Dietary adherence is a cornerstone in the management of type 2 diabetes mellitus (T2DM). Family involvement and healthcare professional support have been identified as crucial determinants in improving patients' compliance with dietary recommendations. This study aimed to examine the relationship between family support and healthcare professional support with dietary adherence among patients with T2DM.

METHOD: A cross-sectional study was conducted among 67 T2DM patients attending Labuang Baji Hospital. Data were collected using the Dietary Behavior Questionnaire (DBQ) and standardized questionnaires assessing family support and healthcare professional support. Statistical analysis included correlation and multivariate regression to identify significant predictors of adherence with a significance level of $p < 0.05$.

RESULTS & DISCUSSION: Describe results and discussions of the research briefly and clearly related to the variables. The results of the chi-square statistical test showed that the family support variable ($p < 0.001$) and the health worker support variable ($p = 0,004$) have a relationship with dietary compliance. The results of the logistic regression test obtained a p value for the family support variable of 0.041, an Exp(B) value or an Odds Ratio of 11,844, which means that respondents who have good family support have an 11,844 times greater chance of being associated with dietary compliance in type 2 diabetes mellitus patients than those who have poor family support.

CONCLUSION: Both family and healthcare professional support play a pivotal role in enhancing dietary adherence in patients with T2DM. Strengthening collaborative support systems may improve diabetes self-management and prevent long-term complications.

KEYWORDS: Dietary Adherence, Family Support, Healthcare Professional Support, Self-Management, Type 2 Diabetes Mellitus