

Diabetes Mellitus Awareness among Tabuk University Students, Saudi Arabia

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Abstract: DM is a physiological condition caused by either production of inactive insulin or inadequate production of insulin. Insulin is responsible for regulating blood sugar levels.

Objectives: This study aim to unveil how well informed the students are as far as diabetes mellitus is concerned.

Methods: A total of 200 subjects students were randomly selected and interviewed using two different structured questionnaires during the period from August 30, 2015 to September 17, 2015. The questionnaire were including risk factors and complications of type 2 DM as well as methods of prevention The SPSS (version 20) was used for statistical analysis

Results: Out of 200 subjects 103 were males and 97 were female, their ages ranged from 18 to 24 years old and 16.5% were diabetic patient. In this study 55% were not aware of the DM risk factors, only 45% of participants identified family history as major risk factor. Just 47% knew physical inactivity and obesity are risk factors and close to 60% were not aware of the methods of prevention. 39.5% knew that DM can result peripheral neuropathy while 30% knew that DM can cause retinopathy. other complications got low response including chronic renal failure (12.5%), CHD (11%), sexual dysfunction (4.5%) and stroke (4.5%).

Conclusion: There is lack of awareness of DM among University students. This calls for larger studies to investigate the awareness of this morbid disease among the public. Raising the awareness of the University student as an important sector of the community is badly needed.

Keywords: Diabetes, awareness, University students, Tabuk.

1. INTRODUCTION

Diabetes mellitus is a chronic disease with high mortality and morbidity due to its complication, macro-vascular: myocardial infarction, stroke, and peripheral arterial disease and micro-vascular like renal failure, peripheral and autonomic neuropathy. And blindness, diabetes mellitus also greatly impairs quality of life of patients 1,2,3

Diabetes mellitus is alarmingly increasing due to increasing risk factors. The Kingdom of Saudi Arabia is among countries with the highest prevalence of diabetes mellitus (23.7%) 4 .

Diabetes mellitus is a preventable and controllable disease by raising the awareness of the public by its progression, it is noted that people are not putting preventive measures in spite of relatives being affected with the disease, (Scobie et al. 2009).

We are not aware of researchers who have studied the awareness of diabetes mellitus among university student in Tabuk area so we conducted this research to estimate the awareness of university students and health workers in tabuk area about this spreading disease.

2. SUBJECTS AND METHODS

This cross sectional comparative study was conducted at the University of Tabuk, Saudi Arabia(describe how many faculties, number of students. During the period from-to. Two hundred students were selected randomly by choosing the 15th to come while waiting at strategic place, all health workers who agree to participate during the same period were included. Participants were invited to sign a written informed consent and then responded to a self written questionnaire asking about.

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Information collected includes ----- detail.

The research was approved by both the University of Tabuk and the local committee.

The SPSS version 20 was used for analysis and Chi-Squire was used to compare categorical data, with P-value < 0.05 considered significant.

3. RESULTS

The questions in the questionnaire were mainly based on the specific objectives of this study. Every respondent was anonymously assessed individually according to their response to specific questions. This was followed by collective analysis to come up with the clear picture of the state of awareness as far as diabetes mellitus is concerned (Mellitus, 2005). In this study, 58% of the male respondents were not aware of the risk factors of diabetes mellitus. This was a larger number compared to the 52% of female unaware. However, 92% of both male and female respondents taking health related courses had an idea about causes of diabetes mellitus. About 67% of the respondents were not sure whether the condition is infectious or non-communicable

Despite being aware of the causes of diabetes mellitus, only 8% of the respondents aware of risk factors for diabetes mellitus take measures to prevent it or reduce the risk of developing the condition. 98.6% of all respondents have no measures of preventing the condition in place. Lifestyle and genetics were the major aspects most of the respondents were aware of causes of diabetes mellitus. As the study team learnt from the clinicians in the University health unit, most of the persons at risk of developing the condition on the basis of genetics did not place any measures in place despite having close relatives with the condition (Polychronakos & Li, 2011).

Respondents	Male	Female	Total
Aware	42	48	90
Unaware	58	52	110

4. DISCUSSION

The results of this study indicate information deficiency among the students in Tabuk University. This might be the situation in the society at large, but that would require a wider scope of the study to prove. The risk of diabetes mellitus among the study population is very high mainly due to lack of awareness. This is further increased by the fact that even those aware of the condition do not take the initiative to prevent it.

Above half of all the respondents have insufficient knowledge concerning diabetes mellitus. Lack of interest and ignorance were found to be the major obstacles to attaining information about this condition. The public health sector should take the initiative of creating awareness on the major diseases affecting the society without any measures being taken (Narayan, 2011). Diabetes can be prevented and controlled after its development in individuals but only with people being aware of its progression (Scobie et al. 2009).

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