

Measuring self-efficacy and motivation in a group-based type 2 diabetes self-management education programme (DESMOND)



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation

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Background:

DESMOND is a self-management education programme (SMEP) designed for people with type 2 diabetes (T2DM), aiming to improve their understanding, self-efficacy and outcomes. This one-time, 6-hour group programme, attended by up to 10 individuals with T2DM, is delivered virtually or in-person. From October 2022 to September 2023, at the end of each group programme, participants from 31 out of 105 licensed provider organizations provided feedback on their experience via an online survey. Various aspects of their DESMOND programme experiences were assessed.

Aim:

The objective is to evaluate the participants' self-reported intentions for health improvement and changes in self-efficacy.

Methods:

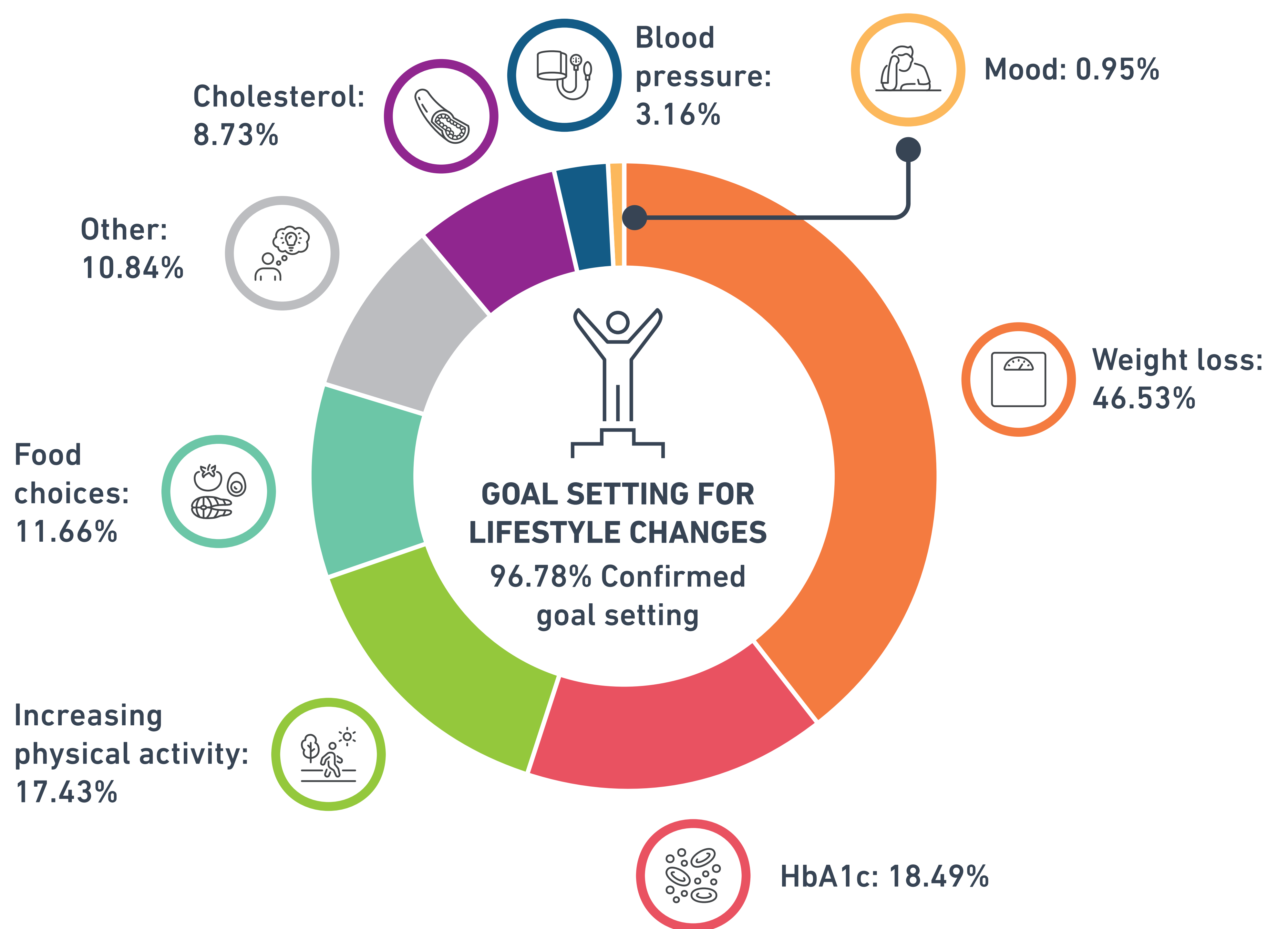
Evaluations of DESMOND were collected from participants via an online survey. The questions regarding lifestyle change were analysed to determine the overall percentage of positive feedback.

Results:

Regarding setting goals for lifestyle changes (n=3044), 96.78% confirmed they did set goals. The areas where lifestyle changes were indicated (n=3044):

- > Weight loss: 46.53%
- > HbA1c: 18.49%
- > Increasing physical activity: 17.43%
- > Food choices: 11.66%
- > Other: 10.84%
- > Cholesterol: 8.73%
- > Blood pressure: 3.16%
- > Mood: 0.95%

When asked about their understanding of diabetes before starting the programme, 15.29% (n=170) reported having a "Very good understanding" or "Good understanding." After completing the programme, 43.06% (n=353) stated they "Understand a lot more" or "Understand a little more", denoting a marked increase.



Conclusions:

These self-reported surveys demonstrate the effectiveness of this DESMOND SEMP in enhancing self-efficacy, as evidenced by the pre- and post-programme understanding scores. Self-efficacy has been shown to be the bridge that connects motivation and behaviour¹. This programme effectively motivates individuals to make lifestyle changes for better health, underscoring the continued relevance of DESMOND, 20 years after its inception.

Reference:

1. Wang, R., Zhou, C., Wu, Y., Sun, M., Yang, L., Ye, X., & Mi, Z. (2021). Patient empowerment and self-management behaviour of chronic disease patients: A moderated mediation model of self-efficacy and health locus of control. *Journal of Advanced Nursing*, 78(4), 1055-1065. <https://doi.org/10.1111/jan.15077>