

Relationship Among Nursing Support for Parents of Adolescents Diagnosed with Type 1 Diabetes, Parental Monitoring of Adolescents and the Self-Efficacy of Adolescents with Type 1 Diabetes

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Abstract:

Background: This study aims to explore the connection between parental monitoring in the treatment of adolescents with type 1 diabetes mellitus (T1DM), the self-efficacy of adolescents with diabetes, and nurse assistance provided to parents of adolescents with T1DM.

Methods: This cross-sectional descriptive study consisted of 115 adolescents aged 10-18 with T1DM and their parents. Study data were collected through the "Diabetes Management Self-Efficacy Scale in Adolescents with T1DM", "Introductory Information Form", "Nurse-Parent Support Tool (NPST)" and "Parental Monitoring of Diabetes Care Questionnaire in Adolescents with T1DM".

Results: Only 31.3% of the study adolescent participants reported monitoring their blood sugar less than four times per day, and the frequency of blood sugar monitoring increased with increasing parental supervision ($p = 0.021$). When diabetes was managed only by parents, adolescents' perceptions of their self-management were statistically significant and high ($p=0.015$). Neither the level of nurse-parent support nor the connection between parental monitoring and adolescents' self-efficacy was statistically significant.

Conclusions: Adolescents with T1DM should receive support from both parents and medical professionals. In particular, nurses should closely inquire about the adolescent's and family's disease management strategies during hospital visits and health monitoring.

Keywords:

Type 1 Diabetes, Adolescent, Nurse, Support, Parent, Self-Management.