Psychological wellbeing of Diabetic Patients in Pakistan and its Relationship with Glycemic levels
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ABSTRACT
Diabetes is a metabolic chronic syndrome, which is increasing day by day all over the world. It has been reported by the International Diabetes Federation (IDF) in 2013 that in every six seconds one person dies due to diabetes. The population of people with diabetes is 382 million globally and this would rise to 592 million by 2035. People living in urban areas have two to five times more chances to develop diabetes as compared to those living in rural areas.

In Pakistan 6.7 million people are living with diabetes out of which only 250,000 are achieving and receiving their treatment targets. This figure would reach to 12.8 million by the end of 2035 according to IDF atlas, 6th Edition.

To identify the reasons why diabetics do not achieve treatment targets, their psychological wellbeing due to problem areas in diabetes and its impact on glycemic levels is investigated across Pakistan in the present study with 228 participants including both males and females suffering from diabetes.

Study results showed that people not having goals for treatment targets and those not satisfied with their physicians have uncontrolled blood glucose levels.

Overall, well-being of people with diabetes is statistically significant higher than the target range as data showed people have problems in different areas to manage their diabetes.

Keywords: unmet needs, people with diabetes, goal for diabetes management.