

## THE COPING STYLES OF ADOLESCENTS WITH TYPE 1 DIABETES

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### Abstract

**Background:** The importance of developmental prospective in understanding the variability in diabetic adolescent's coping efforts is underscored in Iraq.

**Objective:** This work was carried out to assess the association between the coping styles and higher level of perceived diabetes related worries.

**Methods:** 160 adolescents with type 1 diabetes were enrolled in this study from different diabetes centers in Baghdad city for the period 1<sup>st</sup> June to 21<sup>st</sup> Dec. 2000. Each participant interviewed individually. Full information including age, sex, and duration of diabetes, sport activity and visits to diabetic clinics and a diabetic related worries subscales were used. Coping styles (active and aggressive coping styles) were assessed by selected subscales. The influences

of coping styles and other variables on diabetic related worries were examined by stepwise regression analysis.

**Results:** Higher perception of diabetic related worry was significantly associated with active coping, aggressive coping, emotional support and sex. Age and visits to diabetic clinics were not associated with higher perceived diabetic related worry.

**Conclusion:** The finding demonstrated the importance of coping behavior to perceived diabetic worries, which in turn affects the metabolic control.

Key words: diabetic adolescents, coping styles, Iraq

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### Introduction

Adolescents with type 1 diabetes faced with a complex set of developmental changes as well as changing demands of the disease<sup>[1]</sup>. Coping skills are vital for emotional and social development among young people<sup>[2]</sup>. Coping styles refers to typical and habitual preferences for way of approaching problems and might be regarded as strategies that people generally use to cope across stressors. Several studies showed that avoidance coping (refers to reduce emotional distress caused by stressful event and to manage and regulate emotions that might accompany stressors) in adolescents with type 1 diabetes predicts a poor illness specific self care behavior<sup>[3-5]</sup>. The importance of developmental prospective in understanding the variability

in diabetic adolescent's coping efforts is underscored in Iraq.

This work was carried out to assess the association between the coping styles and higher level of perceived diabetes related worries.

### Materials and methods

160 adolescents with type 1 diabetes were enrolled in this study from different diabetic centers (National Diabetic Center at Al-Yarmouk teaching hospital, Diabetic Consultancy Clinic at Al-Kadh.miya teaching hospital, Diabetic Consultancy Clinic at Al-Mansour teaching hospital and Diabetic Consultancy Clinic at Ibn Al-Beldy teaching hospital) in Baghdad city for the period 1<sup>st</sup> June to 21<sup>st</sup> Dec. 2000. Adolescence period is considered between 10 – 21 years<sup>[6]</sup>. Their mean age was  $15.1 \pm 2.3$  years; 53.8% of them were females; 51.3% of them had the disease for more than five years and 76.9% of them reported a history of a frequent hospitalization.

Each participant was interviewed individually. Full information including age,

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