

DYNAMICS PERCEPTIONS OF THEIR OWN HEALTH IN THE PROCESS OF LEARNING SELF-CONTROL ADOLESCENTS WITH TYPE 1 DIABETES MELLITUS

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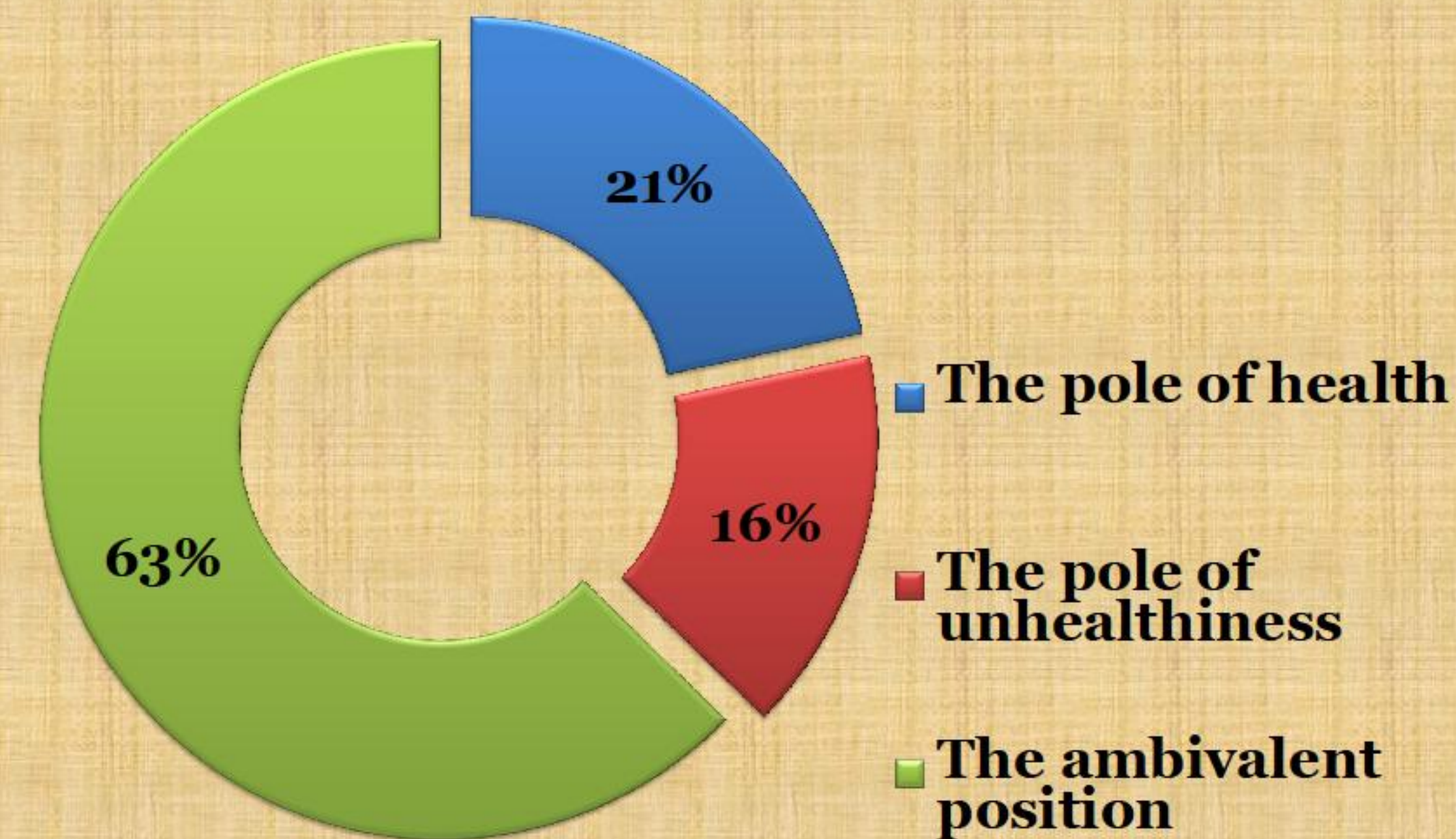
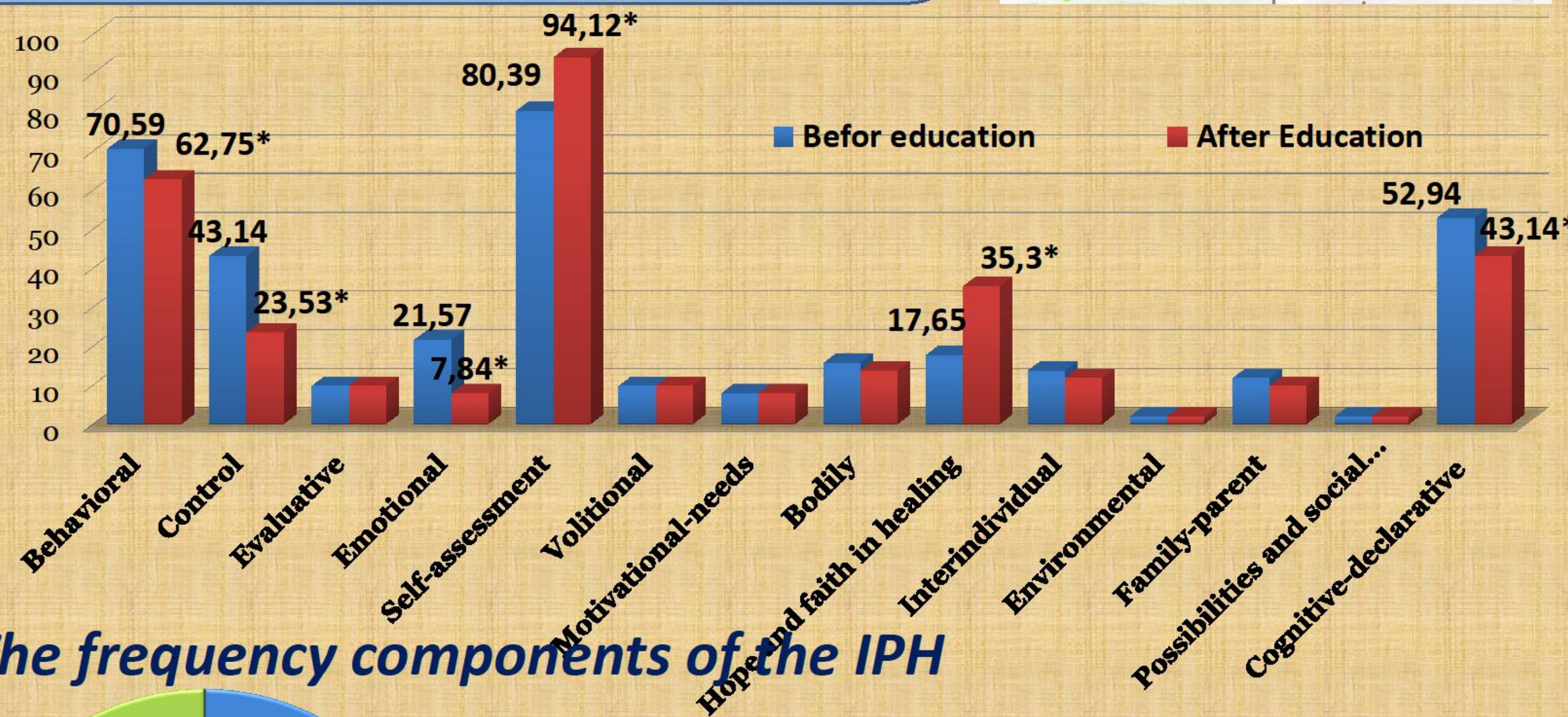
Background: Psychological characteristics of patients with type 1 diabetes mellitus (DM1) factor significantly into the effectiveness of disease self-control training. An important part of I-concept of child with DM1, along with internal picture of disease, is internal picture of health (IPH). IPH is an individual's special attitude towards his/her health, represented by recognizing its value and taking active and positive effort to improve it.

Objective and hypotheses: To determine the nature of changes in internal picture of health while teaching self-control of the disease to adolescents with DM1.

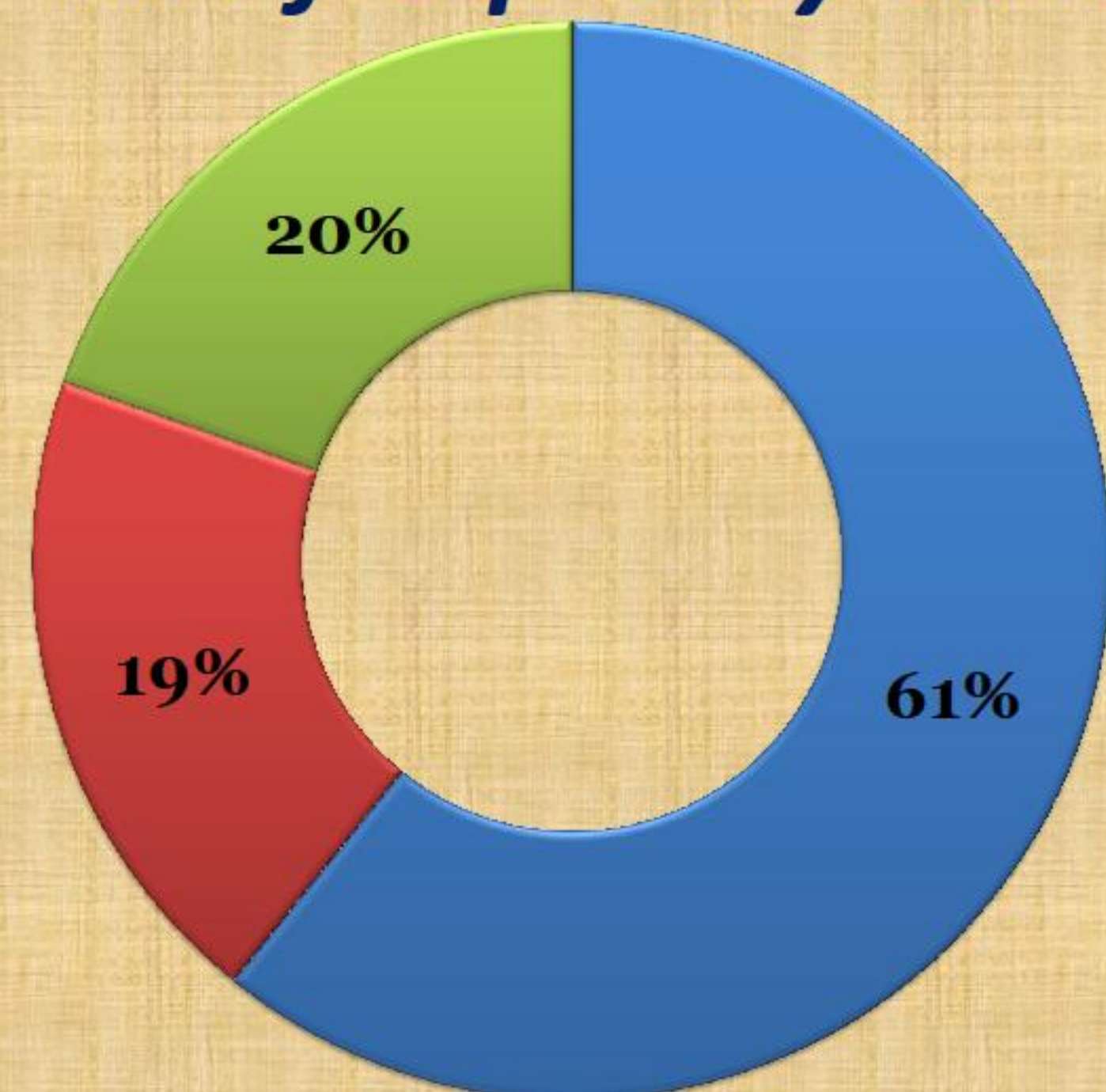
Method: in 157 children 4-18 years old (84 girls and 73 boys) with DM1 a research of IPH was conducted before and after the self-control training cycle (3 months), using psycho-semantic method (content-analysis of mini-essay: «My health»). Structural components (behavior, self-assessment, values, emotions, will, interpersonal relations, etc.) and dynamic characteristics (desire to preserve and maintain health, disease presence denial, destructive behavior, etc.) were defined.



Results: Among the hierarchy of structure and content components of IPH in adolescents with DM1, both before and after training, the top 3 are self-assessment, behavioral and cognitive-declarative components. After the exercise, faith and hope for cure component moved up to the 4th place, previously held by control component.



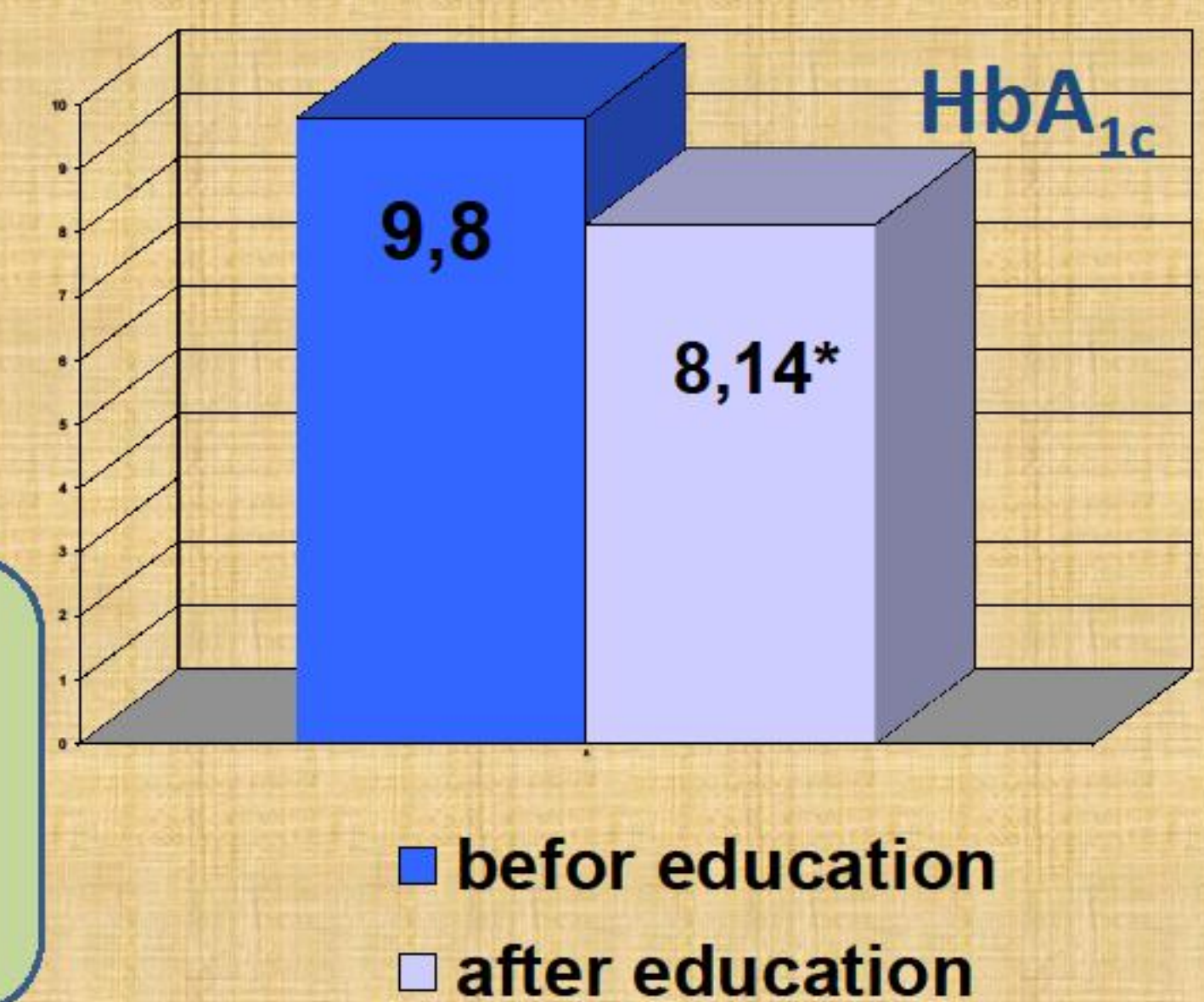
The frequency components of the IPH



Therapeutic studies with adolescents with DM1 led to decreased percentage of patients with ambivalent position (from 63% to 11%) and increased percentage of children who is closed IPH, concerning only the pole of health (from 31% to 78%), meaning reduced fixation on disease

Before education
After education
Dynamics of changes in the scale of the pole "health - unhealthiness" of IPH

These changes of IPH were accompanied by improved metabolic compensation, seen in indicators HbA_{1c} (from (9,80±0,02)% to (8,14±0,13)%, p<0.05).



Conclusion: While teaching self-control to adolescents with DM1 it is necessary to give attention to the formation of such IPH components as control, faith in cure, motivation and will. Formation of internal locus for one's health control while teaching self-control to adolescents with DM1 determines the efficiency of treatment of disease.

