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### Original Article

#### Abstract

**Background:** Psychological and behavioral domains are important in coping with type II diabetes. This study was conducted to assess supportive and coping obstacles in living with type II diabetes among patients who visited hospitals affiliated to Tehran University of Medical Sciences (TUMS).

**Methods:** This was a cross-sectional study with 600 subjects who participated in the study. Data collection tools included two sections of demographics, health related variables and hemoglobin A1c (10 items) as well as questionnaire of supportive (8 items) and coping (8 items) obstacles which was measured by Likert scale [from completely agree (5) to completely disagree (1)]. Validity and reliability were also assessed. Interview was performed to collect the data.

**Findings:** Mean and standard deviation (SD) of supportive and coping obstacles were  $22.7 \pm 3.8$  and  $24.8 \pm 5.6$ , respectively. Study findings revealed that sex ( $P = 0.01$ ), disease duration ( $P < 0.001$ ), educational level ( $P < 0.001$ ), type of treatment ( $P < 0.001$ ), occupation ( $P < 0.001$ ), age groups ( $P < 0.001$ ), income level ( $P < 0.001$ ) and familial history ( $P < 0.001$ ) had a significant correlation with supportive obstacles. On the other hand, study findings showed that disease duration ( $P < 0.001$ ), educational level ( $P < 0.001$ ), type of treatment ( $P < 0.001$ ), occupation ( $P < 0.001$ ), age groups ( $P < 0.001$ ), income level ( $P < 0.001$ ), familial history ( $P < 0.001$ ) and hemoglobin A1c ( $P < 0.001$ ) had a significant association with coping obstacle.

**Conclusion:** Findings revealed that several factors related with supportive and coping obstacles in diabetic patients. Disease duration and social class had a relationship with supportive obstacles. Income, disease duration and hemoglobin A1c related to coping obstacles. These can be improved by planning health promotion interventions.

**Key words:** Supportive Barrier, Coping Barrier, Adjustment, Type II Diabetes, Hemoglobin A<sub>1c</sub>

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