Title:
Financial Insecurity and Attitudes Toward Self-Care Management in Adults With Diabetes

Jonna Morris, BSN, BA
School of Nursing, Department of Health and Community Systems, University of Pittsburgh, Wilkinsburg, PA, USA

Session Title:
Rising Stars of Research and Scholarship Invited Student Poster Session 1

Keywords:
Financial disparities, Self-management and Type 2 Diabetes

References:

Abstract Summary:
People with diabetes often struggle with self-care. Financial insecurity may create added challenges. This study examines the perception of financial insecurity on participant's attitudes towards their diabetes self-management.

Learning Activity:

<table>
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<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<td>The learner will be able to describe the impact the perception of financial insecurity had on the participant's attitudes towards their diabetes self-management.</td>
<td>Description of instruments used to assess perception of financial insecurity and attitude toward diabetes. Description of statistical analysis. In this sample, race, marital status, education, sex, and age did not predict financial insecurity. Poster also includes measure of glucose control.</td>
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<tr>
<td>The learner will be able to describe the how mood and BMI affect participant's attitudes towards their diabetes self-management.</td>
<td>Description of instrument used to measure attitude towards diabetes, mood and BMI. Statistical analysis.</td>
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Abstract Text:

Purpose: People with diabetes often struggle with self-care. Financial insecurity may create added challenges. The purpose of this study was to examine the relationship of participant's attitudes toward their self-care and their perceived ability to pay for basic needs.

Methods: A secondary analysis was done of baseline data (2009-2011) from a study of adults with type 2 diabetes and self-reported sleepiness (R21 HL 089522). Instruments included the Diabetes Care Profile subscales for Positive Attitudes and Negative Attitudes that measured psychological factors affecting self-
care and the Profiles of Mood States that measured general mood disturbance. Clinical evaluations included height/weight to calculate BMI kg/m² and A1C level. Demographic information included age, gender, race, education, marital status, and the question "How difficult is it for you to meet your basic needs (i.e. food, housing, utilities, and health care?)" with possible responses dichotomized as "not at all difficult" and "somewhat or extremely difficult." Data analysis with IBM SPSS 22 included descriptive statistics, Mann-Whitney U tests, Spearman correlations; and significance, p< .05.

Results: The sample (N=107) was middle-aged (Mean ± SD = 52.23 ± 9.28 years, range = 31-82 years), had suboptimal glucose control (Mean A1C =7.3% ± 1.5) and was well distributed by gender, race, education, and marital status (females 58%, non-Caucasian 53%, > high school education 63%; married/partnered 42%). Participants (n=88, 76%) who responded “somewhat or extremely difficult” paying for their basic needs were significantly more likely than participants reporting “not at all difficult” to experience worse negative attitude towards their diabetes self-care, lower positive attitude, and higher mood disturbances, (all p-values < .01). Higher BMI was significantly associated with worse mood disturbance (rho=.31) and lower positive attitude (rho = -.27, p <.01).

Conclusion. Data collection took place during a period of economic depression for many individuals in the United States. In a sample of participants for whom the majority experience financial insecurity, there was a relationship between the perception of their ability to pay for their basic needs and their attitude towards being able to manage their diabetes self-care.