The predictive role of spiritual intelligence in self-management in adolescents with type 1 diabetes.

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Abstract

INTRODUCTION:

Self-management leads to blood glucose control and reduced morbidity and mortality in adolescents with type 1 diabetes. Different factors affect the self-management whose role and effect are still unknown. Among the influential factors whose effect is vague are spiritual intelligence, and this study aims to investigate the predictive role of spiritual intelligence in diabetes management.

MATERIALS AND METHODS:

In this descriptive-correlation study, 200 adolescents with type 1 diabetes were enrolled. To measure spiritual intelligence, the 24-question SISRI questionnaire and to measure self-management of diabetes, the SMOD-A questionnaire (48 questions) were used. Data were analyzed using SPSS software version 18 using linear regression analysis tests. Data collection was conducted by simple sampling.

RESULTS:

Mean score of self-management of diabetes and spirituality was 86.1 ± 15.1 and 60.42 ± 12.9, respectively. Linear regression test (ANOVA: 0.002, $F = 9.839$) showed effect on diabetes self-management (β: 0.218).

CONCLUSION:

This study showed that spiritual intelligence can predict diabetes self-management, though poorly predicted, and by strengthening it, has a decisive role in improving the health of adolescents with diabetes. Considering the findings of this study, a new window of nurses' performance in managing diabetes based on the promotion of spiritual intelligence in the educational, care, counseling, and support roles of nursing science can be opened.

KEYWORDS:

Diabetes mellitus; self-management and adolescent; spiritual intelligence