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## Illness Perceptions and Hemoglobin A1c among Type 2 Diabetes patients

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**Aim:** Diabetes is a chronic, potentially life-threatening illness which affects many aspects of an individual's life. This study explored Illness Perception and Hemoglobin A1c in type 2 Diabetes patients.

**Methods:** Research was conducted using a cross-sectional study. Patients (n=99) were recruited from the outpatient department of a metabolism clinic in a teaching hospital in southern Taiwan. Eligible subjects assessed using the Illness Perception Questionnaires (IPQ-R), Hemoglobin A1c (HbA1c) testing and background Information Form. Stepwise regression was applied to explore the predictors of Hemoglobin A1c percentage. The data analysis was conducted with descriptive statistics, t-test, chi-square and linear regression. All calculations were made using SPSS for Windows, version 20.0 (Chicago, IL, USA).

**Results:** Among the Ninety-nine type 2 Diabetes patients participated in this study. The results showed that patients had 54 male and 45 females, mean age was 60.36 years, had 35 smokers and 64 non-smokers, meals prepared by Self was 37.4%, Exercise habit over 90 minutes per week was 30.3%, HbA1c percentage was 8.08%. The Body mass index and the illness perception - Timeline cyclical subscale scores were the most significant factors in HbA1c percentage.

**Conclusions:** Type 2 Diabetes patients experienced illness perceptions. Body mass index and Timeline cyclical affect HbA1c percentage. Illness perceptions changes can impact on glycaemic control.

**Implications for Practice:** Study findings can provide of illness perceptions in eastern population. Future research may further intervention to improve the illness perceptions and HbA1c percentage control of the disease.

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