

INTRODUCTION

Diabetes, a chronic metabolic disorder, has alarmed unprecedented disease co-morbidities and mortalities worldwide, causing escalated healthcare expenditures across both developed and developing nations. The global prevalence of diabetes was estimated to be 285 million, while projection rates are expected to rise to over 438 million by the year 2030 (Ganasegeran et al., 2014).

Disclosing the diagnosis of diabetes causes a stressful life event to patients that demands high physical-mental accommodations due to elevated feelings of fear. The complex mechanism to cope with chronic diseases requires self-determination to overcome the emotional shock of the diagnoses. These coping strategies may collapse over time due to low psychological and emotional support exacerbating disease complications and poor prognosis (Ganasegeran

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