The impact of a patient narrative intervention on self-efficacy and self-care behaviors in Australians with Type 2 Diabetes

Presented by Christine Campbell

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Venue: Room 515 Melbourne School of Population and Global Health, Level 5, 207 Bouverie Street, Carlton

Narrative communication in healthcare utilizes first-hand accounts from patients and carers of their experiences of illness, and is emerging as a component of disease management and prevention programs. A randomized-controlled trial (RCT) was conducted from September 2009 to June 2011 to evaluate the impact of a patient narrative intervention on self-efficacy and self-care behaviors in Australians with type 2 diabetes. National Diabetes Services Scheme registrants diagnosed with type 2 diabetes and aged 30-70 years were invited to participate in a three-week intervention program with follow-up at four weeks (Time 2) and six months (Time 3). 670 people enrolled in the study with 335 randomly allocated to each group.

For self-efficacy, t-test revealed that the difference between the groups in the means of their changes, using all available data, was 7.2 at Time 2 (p < 0.001) and 5.9 units at Time 3 (p = 0.003). For self-care, there was a significant difference between the groups in the frequency of self-care activities for all five domains at Time 2. At Time 3 one self-care domain (specific diet) showed a significant difference.

Repeated measures analysis revealed a significant treatment effect for self-efficacy in favor of the intervention group over the 6-month period of 5.6 (p < 0.001). The results of this study suggest that narrative communication holds promise as a valuable component of type 2 diabetes self-management programs.