

Public Abstract

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Title:Meta-Analysis of Quality of Life Outcomes Following Diabetes Self-Management Training

Diabetes is a common chronic illness that requires daily diet, exercise, and medication management. Both disease management and diabetes complications may affect quality of life. Despite the importance of quality of life outcomes, no previous meta-analyses have synthesized findings from diabetes self-management intervention studies. Extensive literature searching located published and unpublished diabetes self-management intervention studies that measured quality of life outcomes. Comprehensive searching yielded 20 studies with a total of 1,892 subjects. It was found that interventions to improve diabetes self-management resulted in increased quality of life. Control subjects did not experience improved quality of life while participating in studies. Future diabetes self-management intervention studies should include quality of life outcomes so that this important outcome can be further studied.