



THE EFFECTIVENESS OF DIABETES SELF-MANAGEMENT MOBILE APPLICATIONS AND ITS EFFECT ON SELF-EFFICACY, SELF-CARE AGENCY, SELF-CARE MANAGEMENT, AND HbA1C LEVELS AMONG PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

Diabetes mellitus (DM) is a chronic and metabolic disease resulted from defects in insulin secretion, action or both. World Health Organization (WHO) reported that the incidence of DM is growing. It was estimated that 422 million adults having diabetes in 2014, compared to 108 million in 1980 (World Health Organization, 2016b). International Diabetes Federation (IDF) (2017) reported that the global prevalence of DM among those aged between 20-79 years was about 424.9 million patients (International Diabetes Federation, 2017).

KEYWORDS: *Diabetes, Self-Management, HbA1C*

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