

## مشکلات روانی - اجتماعی دختران نوجوان مبتلا به دیابت

## Socio-psychological problems of adolescent girls with diabetes

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Hemmati M. M. PhD, Ahmadi F. PhD<sup>✉</sup>,  
Anoosheh M. PhD, Hajizadeh E. PhD,  
Asghar zadeh H. MD

معصومه همتی مسلک پاک<sup>۱</sup>، فضل اله احمدی<sup>✉</sup>،  
منیره انوشه<sup>۲</sup>، ابراهیم حاجی زاده<sup>۳</sup>، حمید اصغرزاده<sup>۴</sup>

## Abstract

**Introduction:** Adolescence is concerned as a developmental and crucial process. The majority of adolescents are experienced less or more some difficulties in emotional, behavioral, and social domains. Type I diabetes with permanently changes in a person's life, has negative effect on adolescent quality of life.

**Method:** In qualitative research, twenty adolescent girls with diabetes, members of the diabetes society in west Azerbaijan, selected purposively. Data collected using in-depth unstructured interviews and focus groups. Analysis of the transcripts was guided by qualitative content analysis.

**Results:** Seven categories of socio-psychological problems were found. Problems regard to future, treatment, family, society, education, nutrition and activity posed obstacles to the control of diabetes and well being.

**Conclusion:** The socio-psychological problems among adolescence girls are decreased by developing coping patterns in adolescents and suitable interventions.

**Keywords:** Type I Diabetes, Girl Adolescents, Socio-Psychological Problems, Qualitative Research

## چکیده

**مقدمه:** دوره نوجوانی از آن جهت یکی از بحرانی‌ترین دوره‌های زندگی فرد به‌شمار می‌رود که فرد در مرحله عبور از مرز کودکی به مرحله نوبنی است که عمیق‌ترین تغییرات شخصیتی و فیزیولوژیک را به‌همراه دارد. اغلب نوجوانان مشکلات هیجانی، رفتاری و اجتماعی را تجربه می‌کنند. دیابت نوع ۱ با ایجاد تغییرات دائمی در زندگی، تاثیر منفی در کیفیت زندگی نوجوانان دارد.

**روش:** در این مطالعه کیفی، تعداد ۲۰ دختر نوجوان مبتلا به دیابت عضو انجمن دیابت آذربایجان غربی مراجعه کننده به درمانگاه‌های دیابت شهر ارومیه با روش نمونه‌گیری مبتنی بر هدف مورد مطالعه قرار گرفتند. جمع‌آوری اطلاعات با استفاده از مصاحبه عمیق انفرادی و تشکیل گروه‌های متمرکز و تجزیه و تحلیل به‌روش تحلیل محتوای کیفی انجام شد.

**یافته‌ها:** یافته‌ها از مفاهیم هفت طبقه و محور مربوط به مشکلات روانی - اجتماعی استخراج گردید. این مشکلات مربوط به آینده، زندگی توام با دیابت، مراقبت و درمان، خانواده، جامعه، امور تحصیلی - آموزشی، تغذیه و فعالیت بوده و به‌عنوان مانعی در برابر کنترل دیابت و زندگی مطلوب عمل می‌کنند.

**نتیجه‌گیری:** با توجه به ویژگی سنی نوجوانان و ماهیت مزمن بیماری و نگاه جامعه و خانواده به بیماری دیابت، ضروری است با مداخلات مناسب و اصلاح الگوهای سازگاری در این نوجوانان از مشکلات اجتماعی - روانی و بروز رفتارهای پاتولوژیک این نوجوانان آینده‌ساز جلوگیری نمود تا کیفیت زندگی آنها ارتقاء یابد.

**کلیدواژه‌ها:** دیابت نوع ۱، رفتار نوجوان، مشکلات اجتماعی - روانی، مطالعه کیفی

<sup>✉</sup> **Corresponding Author:** Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran  
Email: ahmadif@modares.ac.ir

<sup>✉</sup> دانشکده علوم پزشکی، دانشگاه تربیت مدرس، تهران، ایران

<sup>۱</sup> دانشکده علوم پزشکی، دانشگاه تربیت مدرس، تهران، ایران

<sup>۲</sup> انجمن دیابت ارومیه، ارومیه، ایران

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یادداشت:

A series of 20 horizontal dashed lines for taking notes.