

Abstract

The present study aimed to develop a scale for assessing the psychological stressors experienced by type II Diabetics and also to determine the relationship with their level of self efficacy. Initially, expressions and the manifestations of the psychological stressors were explored from 14 type II diabetics (7 male, 7 female) through semi-structured interview. After some linguistic modifications, a list of 50 items was converted into a self report measure (0-3) (Diabetics Stressors Scale, DSS). A Demographic Performa, translated version of Self Efficacy Scale and Urdu version of GHQ-30 was given to the 200 type II diabetics (100 male, 100 female) for establishing the psychometric properties of DSS and to test other hypotheses. Factor analysis of DSS showed the 4 factor solution namely Emotional Disturbances, Irritability, Interpersonal Difficulties and Somatic Problems. Acceptable psychometric properties of DSS were found. Through Regression analysis it was found that the psychological stressors were found to be the negative predictor of self efficacy. Results were discussed in terms of gender, age, education, duration of diagnosis, marital status, family system and history of illness in family and its implications in cultural context.