

## **ABSTRACT**

The present research was conducted to explore the experiences of people with Type II diabetes in Pakistan. A combination of quantitative and qualitative work was used. The quantitative study was conducted to find out the mental schemas of students about diabetes. The sample consisted of 100 B.A Honors students (50 boys, 50 girls). For data analysis multidimensional scale and cluster analysis were employed. In the two qualitative studies data was collected through a focus group and semi-structured interviews. In the first qualitative study sample consisted of 10 Type II diabetic patients (5 men, 5 women). In the second qualitative study sample consisted of four diabetic patients and four caregivers. In both qualitative studies purposive sampling technique was used and interpretative phenomenological analysis (IPA) was employed to analyze the data. After analyzing quantitative data through multidimensional scaling and cluster analysis, two dimensions emerged. Dimension one was "consequences of management" versus "consequences of mismanagement" and dimensions two was "things that are forbidden" versus "things that are added." The following themes emerged in the first qualitative study after analyzing data through IPA: diabetes related distress, positive emotional reactions, problems with family, friends and relatives, disease, other diabetes-related problems, strategies to manage diabetes, benefits of diabetes, diabetics views about non-diabetics. In the second qualitative study, following themes emerged from type II diabetic patients interviews: perceived severity of the disease, diabetes related distress, positive emotional reactions, living with a changed life, diabetes overpowering physical health, family, friends and relatives reaction, conquering diabetes and diabetics views about non-diabetics. From caregivers interviews major themes include: perceived severity of a disease, diabetes related distress, positive emotional reactions, living with a changed life, conquering diabetes, hassle's of living with diabetic patient, coping with care-giving responsibilities and caregivers views about non-caregivers. These findings were discussed against the backdrop of international literature about the experiences of type II diabetes. Implications of these findings were discussed. A set of guidelines for psychological assistance to diabetic patients was developed in the light of these findings.