Abstract

Objective. To adapt and validate the Spanish language version of the Diabetes 39 instrument, which measures quality of life, for Mexican patients with type 2 diabetes mellitus (DM-2). Materials and Methods: The Spanish language version of the instrument was adapted to make it more comprehensible to Mexican patients. In a cross-sectional survey, the instrument was administered on two different days to 260 patients with type DM-2. Glycated hemoglobin (HbA1C), total cholesterol, triglycerides, blood pressure, body mass index and waist/hip ratio were measured. Information about age, sex, time since diagnosis of diabetes, diabetes related complications and comorbidity was obtained. Results. A total of 249 subjects completed the study, 62.7% of which were women. Cronbach’s α coefficient was ≥0.80 for the domains and 0.95 for the total score. The test-retest consistency for the total score was r= 0.82, p= 0.01. The median of the total score was 29 (on a scale of 0-100), which was considered the cutoff value for defining better (<29) and worse (≥29) quality of life. A worse quality of life was associated with diabetes related complications ≥1 (OR= 1.73; IC95% 1.05-3.06); total cholesterol >240 mg/dL (OR= 4.43; IC95% 1.23-16.26); comorbidity ≥2 diseases (OR= 2.36; IC95% 1.31-4.28); diabetes longer than 10 years (OR= 2.19; IC95% 1.2-3.78), and HbA1C >8% (OR= 1.81; IC95% 1.09-2.99). The last three were identified as predictor variables for worse quality of life by logistic regression (p< 0.05). Conclusions. The adapted Spanish language version of Diabetes 39 is a reliable and valid instrument for measuring the quality of life of Mexican patients with DM-2.

Keywords

quality of life; diabetes mellitus; validation; questionnaires;
Mexico