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Abstract

Background: Diabetes mellitus refers to a group of common metabolic disorders that share phenotype of hyperglycemia. Fatigue is one of complains of diabetic patients. Due to lack of available documents in the prevalence of fatigue in Iran, we decided to study prevalence of this problem in our diabetic patients and compare with normal population.

Material and Methods: This is a cross-sectional study that was done in Shiraz city (in south of Iran). Sample included 400 patients diagnosed with diabetes referred to Naderkazemi diabetes health center and 400 healthy controls among patient’s attendance and health center staff, were matched in age and gender with patient group. Data was collected by using Iowa Fatigue Scale (IFS) questionnaire. This questionnaire consisted of 2 parts. Second part included 11 questions that evaluated level of fatigue. Its validity and reliability was confirmed. Data was analyzed by SPSS 15 by chi-square test and p< 0.05 was considered as significant level.

Results: 223 (55.75%) patients reported fatigue and 96 (24%) had sever fatigue. Also in control group 94 (23.5%) persons had fatigue and 23 (5.75%) had sever fatigue and difference between two groups was statistically significant. Some demographic factors such as age, duration of disease and education had a significant linear relationship with fatigue.

Conclusion: Considering the severity of fatigue among diabetic patients and its relation with older age, higher educational level and duration of disease further recommended interventions specially in this group of patients with serious matters such as the use of better therapies, social work and rehabilitation, providing more facilities for assistance and treatment, mental health and … comes to action.