

ORIGINAL RESEARCH

Potential for Behaviour Change among Kenyan Type 2 Diabetes Service Users: An Exploratory Factor Analysis of the Health Belief Model

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Abstract

Behavioural factors associated to eating habits, increased physical activity and reduction in behaviours that are sedentary are important for preventing, managing and influencing the risk of developing type 2 diabetes mellitus (T2DM). Since human behaviour is complex, theoretical frameworks have been developed to help improve the success of different interventions that purpose to change behaviours. This study assessed the use of the health belief model to describe potential for behaviour change among Kenyan T2DM service users. A cross sectional research design was adopted. A quantitative methodology was used. The location of the study was Thika Level 5 Hospital. The target population of the study was T2DM service users, aged 20-70 years, and attending Thika level 5 hospital diabetes clinic. The sample size for the study was 346 service users. Purposive sampling was used in selecting the sample size. A questionnaire was used in data collection. Data collected was cleaned, coded and entered into SPSS version 26.0 for analysis. Items related to the patients' demographic information were assessed through frequencies and percentages. Items testing behaviour change based on the health belief model were subjected to exploratory factor analysis (EFA). Results for the study were presented in form of tables. Through EFA, the study found that behaviour change among Kenyan T2DM service users attending Thika Level 5 Hospital diabetes clinic is based on four constructs of the health belief model: susceptibility to heart attack or stroke, intention to exercise, perceived benefits of exercise and healthy eating and healthy eating intentions (cues of action). The study therefore concludes that behaviour change is perceived differently among T2DM service users. Therefore, it is recommended that health awareness messages and counseling for T2DM patients should utilize the health belief model constructs to come up with effective interventions for promoting behaviour change. A "one size fits all" approach is not recommended when coming up with interventions towards behaviour change.

Key Words: EFA, HBM, behavior change, T2DM