

00220 **To Explore the Health Beliefs and Self-care Behaviours of Women With Gestational Diabetes Mellitus in Singapore- A Research Proposal.**

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Aims: Having a history of gestational diabetes mellitus (GDM) poses a seven-fold increase in the risk of developing type 2 diabetes mellitus (DM) after delivery. Despite knowing the healthy behaviours to prevent and/or treat these conditions, most struggle to adopt and adhere to them. Each individual's healthy behaviours, or the lack of, are driven by health beliefs. Hence, this study aims to explore the health beliefs and self-care behaviours of women diagnosed with GDM in Singapore.

Methodology: A GDM Health Belief Model Questionnaire will be developed to explore the health beliefs of women diagnosed with GDM. In addition, the Summary of Diabetes Self-Care Activities Measure will be modified to contextualise the self-care behaviours to the local setting. Both questionnaires will be administered and data collected will determine whether the self-care behaviours of women with GDM are dependent on their health beliefs.

Result: The GDM Health Belief Model Questionnaire and Summary of Diabetes Self-Care Activities Measure will be tested for validity and reliability. Any associations amongst the measures, if any, will be ascertained.

Conclusion: Understanding the health beliefs and behaviours of women with GDM will reveal the complex interplay of the factors on those behaviours. Findings will contribute to the design of future health promotion programmes, beginning with raising awareness of the GDM women's health beliefs. Furthermore, addressing the unfavourable health beliefs using a more targeted approach for those who need it more may lead to more success in promoting the self-care behaviours. Using this questionnaire as a screening tool may also optimise patient activation so that the women will continue to adopt and maintain the healthy behaviours beyond delivery. In this way, their risk of DM will be reduced and thereby may delay, if not even avoid, the onset of DM in the future.