



The role of self-care on cognitive ability in diabetic elderly

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Abstract

Aim: The present study was conducted with the aim of determining the role of self-care in predicting cognitive ability in the elderly with diabetes. **Methods:** The population of the present study was all women who referred to the endocrinology clinic of the 2nd district of Karaj, from which 180 women (50-70 years old) with diabetes were selected according to the inclusion criteria. To measure the self-care questionnaire of Yonesi et al. (2019) and the rescue cognitive abilities questionnaire (2012) and to analyze the data, Pearson correlation coefficient and regression analysis were used.

Results: The results showed that self-care components can explain 24.3% of the variance of cognitive ability. Physical self-care ($\beta=0.197$) has the largest share in predicting the cognitive ability of the elderly, followed by social self-care ($\beta=-0.189$), spiritual self-care coefficient ($\beta=-0.162$) and self-care in During illness ($\beta = 0.122$) ($P < 0.001$) **Conclusion:** According to the obtained results, cognitive abilities in the elderly with diabetes can be predicted with the help of self-care dimensions.

Keywords: self-care, cognitive ability, elderly, diabetes.

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