Quality of life of elderly diabetes patients in Beijing, China

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Abstract

Through literature review, questionnaire survey and statistical analysis, this study analyzed and evaluated the quality of life and influencing factors of diabetic patients in Beijing, China. Nowadays, there are about 540million diabetics in the world, of which Chinese diabetics rank first in the world. Diabetes can cause many complications and seriously affect the quality of life of patients. With the progress of medicine and the change of people's concept of health, the treatment of diabetes not only needs to control the change of blood glucose and prolong life, but also needs to emphasize the importance of improving the quality of life of patients. The study used the quality of life specific scale for diabetic patients, social support scale and self-management scale, general demographic data and diabetes disease situation for statistical analysis. To evaluate the quality of life of elderly diabetic patients in Beijing from the aspects of physiology, psychology, society and treatment. Through literature review, using the theory of quality of life as a guide, this paper organized the research results on quality of life at home and abroad. The empirical study analyzed the various factors affecting the quality of life of elderly patients with diabetes in Beijing. In view of the decline in the quality of life of elderly patients with diabetes caused by these problems, medical institutions should provide more comprehensive diabetes education and management services, and strengthen the monitoring and prevention of complications. The community can organize regular health lectures and activities to promote the elderly to participate in physical exercise and healthy life. Families should give more care and support to elderly patients with diabetes and help them manage themselves. The government should strengthen the propaganda and investment in the prevention and treatment of diabetes, formulate relevant policies, and promote the comprehensive development of the prevention and treatment of diabetes. This study provides insights for evaluating and improving the quality of life of elderly patients with diabetes. It deeply understands the factors affecting the quality of life of elderly patients with diabetes, and puts forward suggestions to solve these problems. By implementing these recommendations, we can improve the overall quality of medical institutions, communities, families, and governments, and ultimately improve the quality of life of elderly patients with diabetes.

Keywords: Type 2 diabetic patient, quality of life, social supplement, self-management

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1. Introduction

Diabetes has become one of the most common chronic diseases in the world. Diabetes can lead to various systemic complications. As the disease progresses, patients will become disabled, decrease, and endanger their lives (Heard et al.,2020). According to the data released by the International diabetes Federation (IDF) in 2021, there are 537 million diabetes patients worldwide (Sun et al.,2022). The elderly population has the highest incidence rate. The number of diabetes patients in China ranks first in the world, with about 140 million people. Type 2 diabetes accounts for more than 90%. The physical and mental health of patients with type 2 diabetes is damaged due to the characteristics of their disease, which also causes a huge burden to families and society. With the progress of social medicine and the change of people's health concept, the treatment of diabetes not only needs to control the change of blood sugar and prolong life, but also needs to emphasize the importance of improving the quality of life of patients. Diabetes is a chronic disease, in which long-term self-management has a significant impact on the quality of life of patients. Elderly patients with diabetes need to face multiple health problems, including complications, functional decline and psychological problems. These multiple factors will have different negative effects on their quality of life (Heard et al., 2020). Although some studies have explored the impact of diabetes on quality of life, the research on elderly diabetes patients in Beijing, China is still limited. Therefore, it is necessary to systematically analyze the quality of life of diabetes patients and the factors affecting the quality of life of this specific population through quantitative research methods, so as to provide empirical evidence for improving their health management (Zhou et al., 2020).

Elderly patients with diabetes believe that their quality of life is very poor and affected by many factors. (Teli et al., 2023) The study found that the quality of life of elderly diabetes patients is lower than that of young diabetes patients, and if the disease lasts for a long time, it will lead to many complications, leading to a decline in the quality of life of patients. (Ni et al., 2019) and other research results show that diabetes patients' physical pain caused by the disease itself, the long duration of the disease, and the need for long-term treatment have brought negative effects on patients, such as physical pain, social impact, psychological pressure, economic burden, and thus affect the quality of life of patients. (Mukherjee et al., 2019) Research shows that the probability of diabetes patients suffering from depression is more than twice that of normal people, and most depression caused by diabetes has not been treated. There are a large number of diabetes patients in China, and the quality of life of diabetes patients is affected in many ways. At present, there are few studies on the quality of life of diabetes patients in China. How to improve the quality of life of diabetes patients is a research hotspot. The purpose of this study is to fill the gap in the existing literature on the quality of life of elderly diabetes patients in Beijing, and to provide reference for medical institutions and the government to improve the quality of life of diabetes patients. By identifying the key factors affecting the quality of life of elderly diabetes patients, medical service providers and policy makers can develop more effective interventions to improve the quality of life of this group and reduce the burden of disease (Wang et al., 2022). This study not only helps to improve individual health conditions, but also promotes social harmony and development.

Objectives of the Study - This study investigated the current situation and influencing factors of the quality of life of elderly patients with type 2 diabetes in Beijing, China, so as to provide reference for the later clinical medical staff to carry out targeted quality of life intervention strategies and other related research.

1.1 Theoretical Framework

The quality of life theory was jointly proposed by Philip Brickman and Ronald Campbell, sociologists at Columbia University, and Ed Diener, a psychologist at George Mason University, in the late 1970s and early 1980s. This theory is of great significance in the study of human subjective well-being and satisfaction. The core

concepts of this theory include subjectivity, multidimensional, resources and satisfaction, dynamics and adaptability, goal orientation and social comparison. First, the quality of life theory emphasizes subjectivity. That is, quality of life is a concept based on individual subjective feelings, and different individuals may have different evaluations of the same living conditions. This means that the quality of life is not only affected by objective conditions, but also by individual subjective attitudes and values. Secondly, the quality of life theory believes that the quality of life is a multi-dimensional concept. It covers many aspects, including but not limited to health, economy, social relations, mental state and environment. Individuals' evaluation of these different dimensions will jointly determine their overall quality of life. Resource and satisfaction is one of the important contents of this theory. Individuals' evaluation of quality of life is based on their own resources and experiences, including material resources, health status, social support, etc. Individual satisfaction depends on whether these resources can meet their needs and expectations. In addition, quality of life is a dynamic concept. The evaluation of individual quality of life may change with time, environment and personal experience. Individuals have the ability to adapt to environmental changes, and can improve the quality of life through positive adaptation strategies. Goal orientation is also one of the important contents of quality of life theory. Individuals usually evaluate the quality of life according to their own goals, values and expectations. Different individuals may have different evaluation criteria for the quality of life because they pursue different goals. Finally, social comparison and relative poverty are also important contents of the theory. Individuals' evaluation of the quality of life is affected by social comparison. They may pay more attention to their position relative to others, rather than just the absolute level. To sum up, the quality of life theory provides a comprehensive framework for understanding individuals' subjective evaluation and satisfaction with their lives.
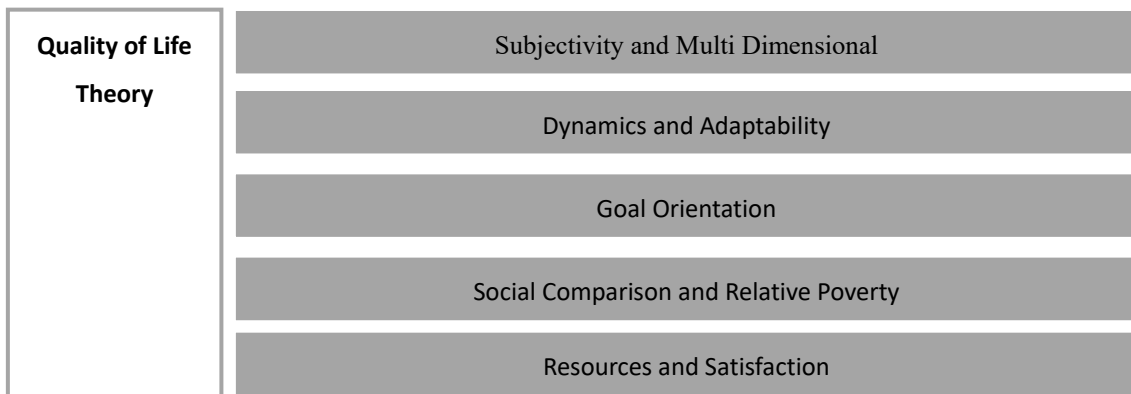

Figure 1. Quality of life theory model

This study will use the theory of quality of life to study and analyze from the aspects of physiology, psychology, society and environment, and explore the factors affecting the quality of life of elderly patients with diabetes and its improvement measures. The quality of life of patients with diabetes is affected by many factors in the quality of life theory. as follows: Health aspects: blood sugar control, complications, physical condition, etc.; In terms of psychological state: depression, anxiety, ability to cope with stress, etc.; In terms of economic situation: burden of medical expenses, drug costs, income status, etc.; In terms of social support: family support, friend relationships, medical team support, etc.; The multidimensional nature of this theory is applied to the various reasons that affect the quality of life of diabetes. The assessment and analysis of the quality of life of diabetes patients use the subjectivity and objectivity of the quality of life theory to analyze. Subjectivity refers to the patients' feelings and evaluation of their own living conditions, while objectivity refers to the measurement and analysis of human health and state using scientific means and indicators.

The quality of life of patients is a dynamic and variable process that changes with time and the surrounding environment. The dynamic nature of the quality of life theory is applied to analyze it. The quality of life may vary due to differences in culture, social background, and personal values. People from different cultural and social backgrounds may have different understandings and pursuits of quality of life. Therefore, evaluating and

improving quality of life needs to consider cultural and background differences, and apply the cultural and background dependence of this theory to analyze. The quality of life can be scientifically measured and analyzed through some measurement tools, utilizing measurability for analysis. These factors affect each other and jointly affect the quality of life of patients with diabetes.

1.2 Conceptual Framework

In this study, the researchers used this theory to build an evaluation system of quality of life, and proposed relevant measures to improve the quality of life of elderly diabetes patients.

The first step after determining the conceptual framework is to assess the quality of life of patients. This includes a comprehensive analysis of the patient's physical condition, psychological state, social support, environmental adaptability and self-management. Using standardized survey tools, we can obtain the specific information of patients in these aspects. After evaluating the current situation of patients' quality of life, various factors affecting the quality of life were analyzed. This includes the severity of the disease, treatment methods, psychological status of patients, social support and environmental factors. Through systematic analysis, we can determine which factors have a negative impact on the quality of life, and formulate corresponding intervention measures. According to the analysis results of influencing factors, personalized nursing intervention strategies were formulated. These strategies aim to improve the quality of life of patients, including blood glucose management and control, psychological support and counseling, nutrition guidance and diet management, exercise rehabilitation and health education.

In the theoretical framework, we should also pay attention to the importance of interdisciplinary cooperation. The improvement of the quality of life of diabetic patients needs the combination of professional knowledge and skills in many fields, such as medical treatment, psychology, nutrition, sports and so on. Therefore, medical staff should work closely with experts in other related fields to jointly formulate and implement intervention strategies. This theoretical framework provides a comprehensive and systematic perspective to assess and optimize the quality of life of patients with diabetes. Through clear theoretical guidance and practical strategies, patients can better cope with the challenges brought by diabetes and improve their quality of life.

In this study, the collected data were described and statistically analyzed, the quality of life, social support and self-management status of elderly patients with diabetes were analyzed, and the related factors affecting the quality of life of elderly patients with diabetes were discussed, and the guidance basis for improving the quality of life of patients with diabetes was constructed according to the data results.
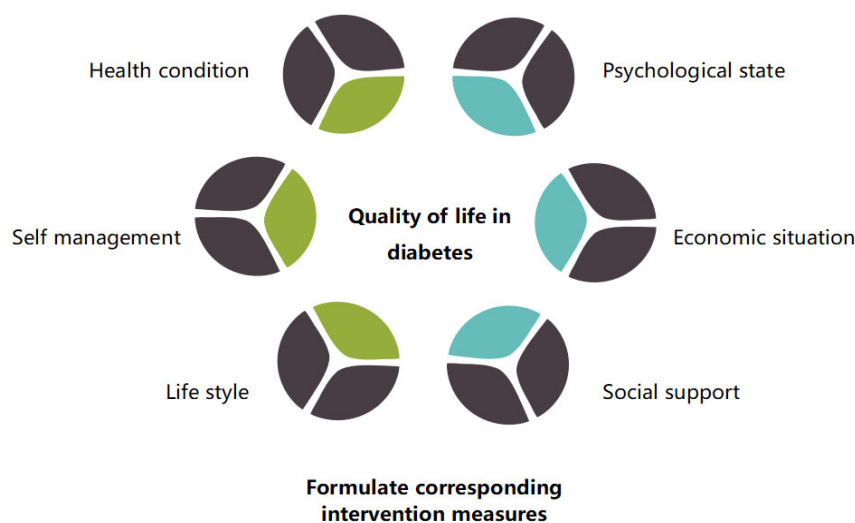

Figure 2. Conceptual Framework

2. Methods

Research Design - This study used descriptive quantitative research methods to comprehensively investigate the status of quality of life and influencing factors of elderly patients with type 2 diabetes in Beijing, China. From January to April 2024, 310 elderly patients with type 2 diabetes in Beijing were selected by multistage random sampling method. The general demographic data, diabetes quality of life scale, perceived social support scale and diabetes self-management scale were used as survey tools to understand the current situation and influencing factors of quality of life, social support and self-management of elderly patients with type 2 diabetes in Beijing, China. In order to collect the necessary data, a structural research questionnaire was compiled and summarized. The questionnaire consists of four parts. The main purpose of the questionnaire is to evaluate the quality of life of elderly patients with diabetes in Beijing. Analyze the causes and influencing factors affecting the quality of life.

Setting and Participants - In this paper, 310 elderly patients with type 2 diabetes in Beijing communities were selected for a current survey. Using stratified sampling method. All subjects met the clinical diagnostic criteria for type 2 diabetes. Age ≥ 65 years old, excluding patients with other serious diseases (such as severe blood diseases, cancer, cardiovascular and cerebrovascular diseases, etc.). Beijing has 16 districts. Because the subjects of this study are elderly patients with type 2 diabetes in Beijing. According to the development and economic level of different regions, about 20 elderly patients with diabetes were randomly selected from each region for questionnaire survey.

Data Gathering Instrument - The questionnaire of this study consists of four parts. It includes general demographic data of patients with diabetes, diabetes specific quality of life scale (DSQL), perceived social support scale (PSSS) and diabetes self-management scale (SDSCA).

The first part of the questionnaire is general demographic statistics, including the general situation and health status of the research object, including gender, occupation, age, education level, medical insurance type, family per capita monthly income, marital status, treatment methods, number of combined diseases, duration of diabetes, etc. The second part of the questionnaire uses the diabetes specific quality of life scale (DSQL)（Zhou，1997）: the designer of this scale is Zhou Fengqiong. This scale includes 27 items, including physical dimension, psychological dimension, social relationship dimension and treatment influence dimension. This scale uses the 5-level Likert scale calculation method. The higher the score, the more serious the damage. The lower the quality of life. DSQL has high reliability and validity since its design, and tests Cronbach α The coefficient scores were all greater than 0.90, and the split half reliability test was 0.83. Score ≤ 40 indicates low quality of life, score 40-80 indicates medium quality of life, and score ≥ 80 indicates high quality of life.

At present, the scale has been widely used in the study of quality of life in patients with diabetes(Wang et al., 2022). The questionnaire used in the third part is the diabetes self-management scale (SDSCA): this scale was designed by (Toobert, 2000), and then translated into Chinese by (Wang et al., 2012) and introduced to China. This scale is used to evaluate the self-management status of diabetic patients in the past 7 days. The reliability and validity of the test were good, and the scores of each item ranged from 0 to 7. The higher the score, the higher the self-management ability of diabetic patients 2 points indicates poor self-management behavior, 2-5 points indicates average self-management, and ≥ 5 points indicates good self-management(Wang et al., 2022). The fourth part uses the perceived social support scale, which was originally designed by (Zimet et al., 1988) And then translated and revised into the Chinese version by Chinese (Jiang et al., 2009). To evaluate the support received from family partners, friends, colleagues and the subjects themselves in social relations. The scale has 3 dimensions and 12 items. The three dimensions are family partner support, friend support and other support. According to the likert7 grade method, each item is evaluated according to 1-7 points. The higher the score, the better the social support. The total score is the sum of the scores. The score of 12-36 indicates poor social support; The score of 37-60 indicates that the social support is average; Score 61-84 indicates good quality of life.

Data Collection Procedure - In the first stage, the evaluation criteria for the quality of life of elderly diabetes patients in Beijing were determined. By organizing and analyzing literature, 16 districts in Beijing were selected to communicate and exchange ideas with community hospital managers. According to the communication results, three mature scales were selected to evaluate and analyze the quality of life of diabetes patients. These three scales are diabetes specific quality of life scale (DSQL), perceived social support scale (PSSS) and diabetes self-management scale (SDSCA). The quality of life of patients with diabetes was evaluated and analyzed through the three scales. The second stage is the design of the questionnaire. After organizing the literature and communicating with the person in charge, combined with the guidance of the supervisor, the relevant content of the communication was organized and analyzed, and this questionnaire was designed. The third stage enters the formal investigation. According to the research plan, researchers will distribute one-on-one questionnaires to elderly patients with diabetes diagnosed in Beijing from door to door to collect information. The fourth stage is questionnaire organization. After collecting all the files, check and organize the collected questionnaires, eliminate invalid questionnaires, and then input the data results. The fifth stage is SPSS data analysis. After completing the questionnaire input, SPSS analysis software was used to analyze the data.

Data Analysis - This study uses quantitative research methods, which measure and analyze the object of study based on the collected quantitative data. Using statistical analysis methods, through research design, collecting research data, analyzing and summarizing data, analyzing the current research status, and then making predictions, providing basis and reference for relevant institutions and decision-makers. This study used SPSS statistical tools for data analysis and processing, to provide basis for improving the quality of life of elderly patients with diabetes.

Ethical Considerations - In the initial stage of the study, approval was obtained from the LPU Research Committee. The researcher informed the respondents of the research purpose and process, allowing them to fully understand the content and significance of the questionnaire. After obtaining patient consent, an informed consent form was signed. In order to obtain accurate and reliable data, researchers emphasized the importance of honest responses from respondents.

3. Results and discussion

The diabetes specific quality of life research scale, social support scale and self-management scale were used to study the quality of life of elderly diabetes patients, and then the quality of life theory was used as the theoretical framework and theory as the guidance to write papers. A total of 350 questionnaires were distributed in this study. All questionnaires were collected on-site. After excluding invalid questionnaires, a total of 310 valid questionnaires were obtained, with an effective rate of 88.6%. Objective To explore the quality of life of elderly patients with type 2 diabetes in Beijing and its influencing factors, and to analyze that the quality of life of diabetes patients in Beijing is affected by many factors, including age, duration of diabetes, number of concomitant diseases, income, social support and self-management, which directly or indirectly affect the quality of life of patients.

Table 1 describes the demographic characteristics and summary of the respondents, summarizing the sample distribution of each variable. Among the respondents, males accounted for 44.5% and females accounted for 55.5%. This survey is consistent with the global epidemiological study of diabetes, which shows that the proportion of men with diabetes is slightly lower than that of women. Women pay more attention to health management and regular physical examinations in their old age, so they can be diagnosed and treated more promptly after falling ill. Moreover, women often exhibit higher willingness to seek help and social support needs when dealing with chronic diseases (Li et. al.,2019). Smith et al.,(2020) found that women with diabetes have higher needs than men in terms of psychology, social support and health education, which indicates that medical institutions and communities need to develop more personalized intervention strategies and programs to meet the needs of women patients. For example, women are more willing to participate in health management groups and seek social support, which can significantly improve their quality of life and disease management

effectiveness.

Table 1

Distribution of Respondents' Profile

Profile Variables	Frequency	Percentage
Sex		
Male	138	44.5
Female	172	55.5
Age		
65 -69 years old	102	32.9
70 - 74 years old	108	34.8
75 years old and above	100	32.3
Occupation		
Retired	230	74.2
Farmer	47	15.2
Freelander	33	10.6
Cultural Level		
Primary School and below	122	39.4
Junior High School	105	33.9
Technical secondary school or above	83	26.8
Medical insurance types		
Employee medical insurance	33	10.6
Resident medical insurane	120	38.7
Other	157	50.6
Per Capital Monthly Income of households		
Less than 2000	89	28.7
2000 - 3999	134	43.2
4000 and above	87	28.1
Marital status		
Married	294	94.8
Unmarried	16	5.2
Residential area		
Rural	70	22.6
Urban	240	77.4
Residential Status		
living alone	3	1.0
living with children	162	52.3
living with house	144	46.5
others	1	0.3
Course of diabetes		
Less than 5 years	79	25.5
5 - 9 years	68	21.9
10 - 14 years	70	22.6
15 years and above	93	30.0
Treatment methods		
None	5	1.6
Oral mediation	212	68.4
Injection of insulin	28	9.0
Oral mediation and insulin	65	21.0
Number of combined diseases		
Less than or equal to 1 type	114	36.8
2 - 3 types	121	39.0
Greater than or equal to 4 types	75	24.2
Do you smoke?		
Yes	14	4.5
No	296	95.5
Do you drink alcohol?		
Yes	11	3.5
No	299	96.5

Among the surveyed population, the age of the research subjects is mainly concentrated between 65 and 74 years old, accounting for 67.7%, of which 32.9% are between 65 and 69 years old, 34.8% are between 70 and 74 years old, and 32.3% are between 75 years old and above. This age distribution reflects the high incidence rate of

diabetes in the elderly, especially in the age group of 65 to 74 years old. With the growth of age, the physical function and quality of life of elderly diabetes patients gradually decline, which requires more attention and support in medical institutions, social support and families (Wang et al., 2020). Elderly patients with diabetes face a variety of health challenges, including multiple chronic diseases and progressive decline in physical function. This shows that when making diabetes management plans, special attention should be paid to the comprehensive health status and individual needs of elderly patients to improve their quality of life (Chen et al., 2019).

The occupational status distribution of the respondents is that the majority of them are retirees, accounting for 74.2%, followed by farmers (15.2%) and freelancers (10.6%). This occupational distribution reflects the living background of elderly diabetes patients, with retirees accounting for the main proportion, indicating that they may rely on pension and social security economically. Research shows that changes in lifestyle after retirement may affect self-management of diabetes patients, including diet, exercise and drug compliance. Farmers and freelancers may not be able to access sufficient medical support and health management resources due to economic conditions and limitations in medical resources (Li et al., 2019).

Researchers have found that the cultural level of the respondents is generally low, with 39.4% having a primary school or lower education level, 33.9% having a junior high school education level, and 26.8% having a technical school or higher education level. Low educational level may affect patients' understanding and implementation of diabetes management and treatment, thus affecting their quality of life. Therefore, in the education and management of diabetes, it is necessary to develop appropriate programs according to the educational level of patients to ensure that patients can understand and effectively implement treatment management programs (Li et. al.,2019). Patients with lower cultural levels face challenges in obtaining and understanding health information, which may lead to lower self-management abilities and treatment compliance (Anderson et al., 2020).

The main types of medical insurance for respondents are resident medical insurance (38.7%) and other types of insurance (50.6%), with only 10.6% of respondents having employee medical insurance. This result shows that most elderly diabetes patients rely on resident medical insurance or other types of insurance, which may reflect their challenges and needs in medical security. Research has found that comprehensive medical insurance can provide patients with necessary medication, testing, and treatment support, thereby improving their quality of life and disease management effectiveness (Brown et. al.,2020).

In terms of income, the monthly household income of the respondents is mainly concentrated between 2000 and 3999 yuan, accounting for 43.2%, followed by those below 2000 yuan (28.7%) and those above 4000 yuan (28.1%). This income distribution shows that many elderly patients with diabetes have limited economic conditions, which may affect their access to quality medical services and health management resources. Economic pressure not only affects the physical health of patients, but may also have a negative impact on their mental health, leading to a decline in their quality of life (Chen et al., 2019). Research shows that economic status has an important impact on health management and quality of life of diabetes patients (Li et al., 2019).

Marital status display, the vast majority of respondents were married, accounting for 94.8%, while unmarried or widowed individuals accounted for only 5.2%. The study found that the quality of life of married elderly patients with diabetes is generally higher than that of unmarried or widowed patients, because they can get more emotional and life support from their spouses. Marital status has a significant impact on the psychological health and social support of patients (Xu et al., 2019). Married patients are better at emotional support and life help, which has a positive impact on their mental health and diabetes management. The survey shows that the majority of respondents live in cities, accounting for 77.4%, and 22.6% of respondents live in rural areas. This result reflects that urban elderly diabetes patients can better use medical resources, while rural elderly diabetes patients face unique challenges in access to medical resources and health management. Due to the relative lack of medical resources in rural areas, diabetes patients may be difficult to obtain timely and

effective medical services (Chen et al., 2019). Therefore, it is necessary to strengthen medical services and health education in rural areas to improve the quality of life of elderly patients with diabetes.

Resident Identity Analysis, the residential status of the respondents shows that the majority of patients live with their children (52.3%) or spouse (46.5%), with only 1.0% of patients living alone. Living with family can provide more emotional support and life help, and help improve the quality of life of elderly patients with diabetes (Brown et. al.,2020). Patients living alone may face more challenges in their daily lives and health management, therefore they need more attention and support. Among the respondents with diabetes, the course of disease is more evenly distributed, with 25.5% less than 5 years, 21.9% 5-9 years, 22.6% 10-14 years, and 30.0% 15 years or more. The duration of diabetes has an important impact on the quality of life of patients. Research has found that patients with a longer course of illness are more prone to complications, which can affect their quality of life. Therefore, long-term diabetes patients need more intensive medical management and support (American Diabetes Association, 2023). According to (Miller et al., 2019), diabetes patients with a longer course of disease are more likely to have complications, such as diabetes retinopathy, cardiovascular disease, kidney disease and neuropathy. The survey shows that the majority of patients use oral medication treatment, accounting for 68.4%, followed by oral medication plus insulin treatment (21.0%) and insulin therapy alone (9.0%), with only 1.6% of patients not receiving treatment. This result shows that most elderly patients with diabetes rely on medication to manage their condition. Research shows that the compliance of drug treatment has a great impact on the effect of diabetes management, and drug guidance and management for patients need to be strengthened (Powers et al., 2019). Oral medicine is one of the main methods for the treatment of diabetes, and its treatment compliance and effect directly affect patients' blood sugar control and complication rate (Fisher et al., 2019).

Most of the respondents had comorbidities, with 36.8% having one or less, 39.0% having two to three, and 24.2% having four or more. The existence of concomitant diseases will significantly increase the difficulty of health management and medical needs of diabetes patients. Therefore, in the management of diabetes, it is necessary to consider the combined diseases of patients and provide comprehensive medical services. Research shows that diabetes patients with hypertension, cardiovascular disease and hyperlipidemia face greater challenges in health management and access to medical services (Brown et. al.,2020). According to a study by Chen et al. (2019), a comprehensive multidisciplinary team collaboration nursing model can effectively improve the health management effectiveness of patients with comorbidities and enhance their quality of life. The vast majority of respondents do not smoke (95.5%) and do not drink (96.5%), which indicates that most elderly patients with diabetes perform well in these health behaviors. Research shows that smoking cessation and alcohol restriction can effectively improve the health status and quality of life of diabetes patients. Smoking and drinking not only increase the risk of cardiovascular disease and cancer, but also affect the occurrence of blood sugar and complications in diabetes (Li et al., 2019). Therefore, encouraging and supporting diabetes patients to quit smoking and limit alcohol consumption is an important measure to improve their health (Miller et al., 2019).

Table 2

Effects of Diabetes on Physical Function

Indicators	Frequency	Percentage
1. in general, how much does diabetes damage your health?		
There's no harm at all	55	17.7
A bit damaged	82	26.5
Damage (moderate)	85	27.4
Very damaging	76	24.5
Extreme damage	12	3.9
2. do you often experience discovery such as skin itching, numbness, and pay in your limbs?		
Not at all	54	17.4
Occasionally	82	26.5
Yes (about half the time)	85	27.4
Often	74	23.9
There are always	15	4.8

3. how much does the feeling of physical discomfort interfere with your life?		
There's no interference at all	61	19.7
There's a bit of interference	86	27.7
Interaction (moderate)	62	20.0
Very disruptive	88	28.4
Extreme interference	13	4.2
4.Do you feel that seeing things is becoming increasingly difficult?		
Not at all	67	21.6
Occasionally	85	27.4
Yes (about half the time)	57	18.4
Often	93	30.0
There are always	8	2.6
5. how much impact does reduced vision have on your daily life?		
It doesn't have any impact at all	66	21.3
It has a slight impact	83	26.8
Has an impact (moderate)	67	21.6
Very inclusive	82	26.5
Extreme impact	12	3.9
6.Do you feel that it is becoming increasingly difficult to hear others speaking clearly?		
Not at all	63	20.3
Occasionally	82	26.5
Yes (about half the time)	61	19.7
Often	94	30.3
There are always	10	3.2
7. how much impact does hearing loss have on your daily life?		
It doesn't have any impact at all	52	16.8
It has a slight impact	85	27.4
Has an impact (moderate)	81	26.1
Very inclusive	83	26.8
Extreme impact	9	2.9
8.Do you often feel chest pain, tightness, and remedies?		
Not at all	56	18.1
Occasionally	83	26.8
Yes (about half the time)	69	22.3
Often	87	28.1
There are always	15	4.8
9.Do you feel that your skin and feed are easily affected?		
Not at all	53	17.1
Occasionally	93	30.0
Yes (about half the time)	78	25.2
Often	74	23.9
There are always	12	3.9
10. how much impact do skin and foot infections have on your life?		
It doesn't have any impact at all	56	18.1
It has a slight impact	85	27.4
Has an impact (moderate)	78	25.2
Very inclusive	75	24.2
Extreme impact	16	5.2
11.Do you feel that your ability to react to external things has increased?		
There's no drop at all	59	19.0
It's a bit down	70	22.6
Degraded (moderate)	75	24.2
Significant decrease	94	30.3
Greatly declining	12	3.9
12.Do you always feel hungry?		
Not at all	49	15.8
Occasionally	87	28.1
Yes (about half the time)	81	26.1
Often	82	26.5
There are always	11	3.5

Table 2 describes the psychological health status of patients, analyzed from the following aspects. The data shows that 14.5% of patients often experience depression, 33.9% of patients occasionally experience depression,

and 51.6% of patients rarely or never experience depression. Depression is a common psychological problem in diabetes patients, which may lead to decreased treatment compliance and quality of life. Research shows that depression has a two-way relationship with the occurrence and progress of diabetes. Depression is not only one of the complications of diabetes, but also may aggravate the condition of diabetes (Anderson et al., 2020). Psychological counseling and social support can effectively alleviate the depression of diabetes patients and improve their life satisfaction (Fisher et al., 2019). In addition, comprehensive psychological interventions such as cognitive-behavioral therapy can significantly improve the mental health status of patients (Powers et al., 2019).

According to the data, 12.3% of patients often feel anxious, 36.1% of patients occasionally feel anxious, and 51.6% of patients experience little or no anxiety. Anxiety has a negative impact on diabetes management, which may lead to blood sugar fluctuations and increased complications. Research has found that anxiety is closely related to the level of blood glucose control in diabetes patients. Anxiety symptoms will lead to patients' resistance to treatment, which will affect treatment compliance. Cognitive behavioral therapy and relaxation training can effectively reduce the anxiety of diabetes patients and improve their overall health status (Fisher et al., 2019).

In terms of social support, data shows that 56.8% of patients experience good social support, 32.3% of patients occasionally experience social support, and 10.9% of patients experience less social support. Good social support can improve the treatment compliance and quality of life of patients with diabetes. The research found that the support of family and friends plays a very important role in the management of diabetes. The increase of social support is closely related to the improvement of life quality of diabetes patients, especially in emotional support and daily life help (Anderson et al., 2020). In addition, community support and mutual aid groups for diabetes patients can also provide important psychological and emotional support for diabetes patients (Miller et al., 2019).

Table 3 Data analysis on complications of diabetes patients shows that 32.9% of patients have diabetes retinopathy. This complication is a common and serious complication of diabetes, resulting in decreased vision and even blindness. The study found that early screening and intervention are very important for the prevention and management of diabetes retinopathy. The incidence of diabetes retinopathy can be effectively reduced by regular ophthalmic examination and blood glucose control (American Diabetes Association, 2023). In addition, controlling blood sugar, blood pressure and blood lipid levels can also significantly reduce the risk of diabetes retinopathy (Cheung et al., 2020). The survey data of diabetes nephropathy shows that 24.2% of patients have diabetes nephropathy. Diabetes nephropathy is one of the main causes of renal failure in diabetes patients. Research shows that the occurrence and progress of diabetes nephropathy can be significantly reduced by effectively controlling blood sugar and blood pressure. Regular examination of urine protein and renal function can early detect and manage diabetes nephropathy (Thomas et al., 2019). In addition, the use of ACE inhibitors or ARB drugs can effectively delay the progress of diabetes nephropathy (Cooper, 2019).

The data of diabetes neuropathy shows that 27.1% of patients have diabetes neuropathy. This complication can cause patients to experience physical pain, numbness, and loss of sensation, seriously affecting their quality of life. (Callaghan et al., 2020) Research has found that good blood glucose control and neuroprotective treatment can reduce the symptoms of diabetes neuropathy and improve the quality of life of patients. Moreover, the combination of physical therapy and drug therapy can effectively alleviate symptoms (Pop-Busui et al., 2017). Diabetes cardiovascular disease data shows that 20.3% of patients have diabetes cardiovascular disease. Diabetes cardiovascular disease is one of the main causes of death in diabetes patients. According to the research (Einarson et al., 2018), the incidence of cardiovascular disease in diabetes can be significantly reduced by controlling blood sugar, blood pressure and blood lipids. Regular cardiovascular assessment and appropriate medication treatment are crucial for preventing cardiovascular events. According to Kosiborod et al. (2018), lifestyle changes, increased physical activity and healthy diet in patients, also help reduce the risk of cardiovascular disease.

Data shows that 15.8% of patients have foot ulcers due to diabetes. Diabetes foot ulcer is a common and serious complication in diabetes patients, which may lead to amputation. Research shows that early prevention and management of diabetes foot ulcer can significantly reduce the amputation rate. In addition, guiding patients on the correct foot care methods and precautions is also of great significance (Bus et al., 2020).

Table 3

Effects of Diabetes on Psychological/Spiritual Dimensions

Indicators	Frequency	Percentage
1. does diabetes often bring trouble and incident to your daily life?		
Not at all	62	20.0
Occasionally	79	25.5
Yes (about half the time)	71	22.9
Often	88	28.4
There are always	10	3.2
2. do you often think about what diabetes means to you?		
Not at all	55	17.7
Occasionally	81	26.1
Yes (about half the time)	83	26.8
Often	80	25.8
There are always	11	3.5
3. are you worried that you will totally die?		
Don't worry at all	58	18.7
Occasionally worrying	84	27.1
Worry (about half the time)	78	25.2
Frequent worries	78	25.2
Always worried	12	3.9
4.Does diet control make you feel frustrated?		
No worries at all	57	18.4
Occasional troubles	93	30.0
Wolves (about half the time)	67	21.6
Frequently troubled	85	27.4
Always troubled	8	2.6
5. does regular self testing of rine sugar or going to the hospital to check blood sugar make you feel trouble?		
I don't feel any trouble at all	67	21.6
Occasionally feeling troubleshooting	84	27.1
Feeling trouble (about half the time)	63	20.3
Often feeling troubleshooting	83	26.8
Always feeling trouble	13	4.2
6. do you feel nervous or embarassed due to diabetes?		
Not at all	56	18.1
A bit	89	28.7
Yes (about half the time)	72	23.2
Often	83	26.8
There are always	10	3.2
7. are you satisfied with your current treatment results?		
Extremely satisfied	57	18.4
Very satisfied	95	30.6
Satisfied (moderate)	68	21.9
Very disatisfied	77	24.8
Extremely disatisfied	13	4.2
8.Do you believe that you can override the interference of diseases?		
I don't even believe it	60	19.4
A bit believing	87	28.1
Believe (about half the time)	73	23.5
I really believe it	76	24.5
Extremely believing	14	4.5

Table 4

Effects of Diabetes on Social Dimensions

Indicators	Frequency	Percentage
1. in general, does diabetes damage your interpersonal relationship?		
There's no harm at all	62	20.0
A bit damaged	84	27.1
Damage (moderate)	73	23.5
Very damaging	82	26.5
Extreme damage	9	2.9
2. do you feel rejected because you have diabetes?		
Not at all	62	20.0
Occasionally	100	32.3
Yes (about half the time)	66	21.3
Often	72	23.2
There are always	10	3.2
3. Does diabetes affect your status and role at home or in your organization?		
It doesn't have any impact at all	77	24.8
It has a slight impact	80	25.8
Has an impact (moderate)	65	21.0
Very inclusive	77	24.8
Extreme impact	11	3.5
4. Do you often exchange experiences, problems and knowledge about diabetes with the patients around you?		
No communication at all	70	22.6
Occasional communication	96	31.0
Communicate (about half the time)	60	19.4
regularly communicate	72	23.2
Always communicate	12	3.9

Table 4 shows the data analysis on the physiological functions of quality of life. According to the data, 35.7% of patients reported good physiological functions in the past week, 45.3% reported average, and 19.0% reported poor physiological functions. The decline of physiological function is a common problem in diabetes patients, especially in the elderly. The study found that the physiological function of diabetes patients was affected by many factors, including poor blood glucose control, complications and long-term drug use (American Diabetes Association, 2023). In order to improve physiological function, personalized exercise and nutrition management plans are developed based on the patient's condition to enhance their physical function and overall health status (Chen et al., 2019).

In terms of mental health data, 31.2% of patients reported good mental health, 40.8% reported average mental health, and 28.0% reported poor mental health. Depression and anxiety are very common in patients with diabetes, which is related to chronic stress of the disease and changes in lifestyle. Research shows that mental health problems not only affect the quality of life of patients, but also interfere with the self-management of diabetes (Anderson et al., 2020). Through psychological intervention and social support, the mental health of diabetes patients can be significantly improved, thus improving their quality of life (Fisher et al., 2019).

According to social function data, 29.5% of patients reported good social function, 44.5% reported average social function, and 26.0% reported poor social function. The decline in social function may be related to the patient's physical limitations, psychological problems, and insufficient social support. Research shows that social support is crucial to the health management and quality of life of patients with diabetes. In addition, family and community support networks play an important role in improving the social functioning of patients (Miller et al., 2019).

In terms of role emotions, 24.8% of patients reported good role emotions, 46.8% reported average role emotions, and 28.4% reported poor role emotions. Role emotions involve the patient's role-playing and emotional state in their family, work, and society. Research shows that diabetes patients may experience role conflict and emotional stress during disease management, which will affect their overall quality of life (Powers et al., 2019). Through emotional support and role reconstruction, patients can better adapt to the changes brought

about by the disease and improve their life satisfaction (Fisher et al., 2019).

Research shows that 27.2% of patients report good vitality, 43.5% report average vitality, and 29.3% report poor vitality. The level of vitality directly affects the daily activities and quality of life of patients. Research shows that the vitality level of diabetes patients is affected by blood sugar control, complications and psychological status (American Diabetes Association, 2023). A comprehensive health management plan, including diet, exercise, and psychological support, can significantly improve the vitality level of patients (Chen et al., 2019). According to pain data from survey respondents, 30.6% of patients reported no pain, 40.9% reported mild pain, and 28.5% reported moderate to severe pain. Pain is a common symptom of diabetes patients, especially those with diabetes neuropathy. Research shows that pain management is crucial to improve the quality of life of patients with diabetes (Callaghan et al., 2020). Through medication, physical therapy, and psychological support, pain can be effectively relieved and the quality of life of patients can be improved (Pop-Busui et al., 2017).

Table 5

Effects of Diabetes on Treatment Dimensions

Indicators	Frequency	Percentage
1. Do you have any adverse drug reactions such as appeals, nausea, etc. after taking mediation?		
Not at all	61	19.7
Occasionally	91	29.4
Yes (about half the time)	67	21.6
Often	83	26.8
There are always	8	2.6
2. do you have hypoglycemic reactions such as palpitations, ambiguity, and swimming?		
Not at all	62	20
Occasionally	94	30.3
Yes (about half the time)	59	19
Often	87	28.1
There are always	8	2.6
3. what are the limitations of diet control on your life or habits?		
There are no restrictions at all	57	18.4
There are some restrictions	97	31.3
Limited (moderate)	64	20.6
Very restrictive	79	25.5
Extreme limitation	13	4.2

Table 5 shows the analysis of health behaviors. According to smoking data, 4.5% of patients reported current smoking and 95.5% reported non-smoking. Smoking is an important risk factor for patients with diabetes because it increases the risk of cardiovascular disease and other complications. Research has shown that smoking can exacerbate insulin resistance, making blood sugar control more difficult (American Diabetes Association, 2023). Quitting smoking is very important for patients with diabetes, because it can not only improve their blood sugar, but also reduce the incidence of complications.

According to data on alcohol consumption, 3.5% of patients reported current alcohol consumption and 96.5% reported no alcohol consumption. Drinking alcohol is also a concern in the management of diabetes. Excessive drinking will lead to blood sugar fluctuations and increase the risk of complications. Research shows that moderate drinking may be beneficial to cardiovascular health, but for patients with diabetes, drinking will lead to increased blood sugar, and the risk of drinking is often greater than its potential benefits (Einarson et al., 2018). Excessive drinking will lead to hypertension, liver disease and other metabolic problems, thus aggravating the condition of diabetes (Howard et al., 2020). Therefore, it is recommended that diabetes patients should be very careful when drinking, and it is best to do so under the guidance of doctors. Through the analysis of the table, dietary habits data showed that 42.3% of patients reported good dietary habits, 35.5% reported average dietary habits, and 22.2% reported poor dietary habits. Healthy eating habits are very important in the management of diabetes. Research has shown that a diet rich in fiber, low fat, and low sugar can better improve blood sugar control and physical health (American Diabetes Association, 2023). By developing personalized

dietary guidance and nutritional education, patients can better control their blood sugar levels and reduce the occurrence of complications (Chen et al., 2019).

In terms of exercise habits, 30.6% of patients reported regular exercise habits, 39.7% reported occasional exercise, and 29.7% reported little or no exercise. Regular exercise has significant benefits for blood sugar control and cardiovascular health of diabetes patients. Research has shown that regular moderate intensity exercise can improve insulin sensitivity, help control blood sugar levels, and reduce the risk of cardiovascular disease (Powers et al., 2019). In addition, exercise can also improve the mental health of patients, reduce stress and anxiety (Fisher et al., 2019). Foot care analysis shows that 25.6% of patients receive foot care every day, 37.2% of patients care several times a week, and 37.2% of patients have little or no foot care. Diabetes patients are prone to diabetes foot ulcers and infections, so foot care is very important in diabetes management.

Table 6

Self-Management Behavior for Diabetes Patients

Indicators	Frequency	Percentage
1. in the past week, the diet was reasonably aligned according to the dietary requirements of diabetes Days?		
0 day	14	4.5
1 days	64	20.6
2 days	18	5.8
3 days	12	3.9
4 days	25	8.1
5 days	34	11.0
6 days	70	22.6
7 days	73	23.5
2. in the past month, the diet of diabetes should be reasonably arranged every week according to the dietary requirements. What is the average number of days of diet?		
0 day	15	4.8
1 days	65	21.0
2 days	22	7.1
3 days	6	1.9
4 days	11	3.5
5 days	52	16.8
6 days	75	24.2
7 days	64	20.6
3. within the past week, consume 5 or more fruits/vegetables per day What are the number of days of planting?		
0 day	11	3.5
1 days	62	20.0
2 days	25	8.1
3 days	10	3.2
4 days	18	5.8
5 days	44	14.2
6 days	69	22.3
7 days	71	22.9
4. days of consuming happy foods or whole milk products within the past week Number?		
0 day	11	3.5
1 days	63	20.3
2 days	28	9.0
3 days	6	1.9
4 days	23	7.4
5 days	42	13.5
6 days	74	23.9
7 days	63	20.3
5. have you been exercising for more than 30 minutes in the past week?		
0 day	14	4.5
1 days	67	21.6
2 days	18	5.8
3 days	9	2.9
4 days	22	7.1
5 days	42	13.5
6 days	77	24.8
7 days	61	19.7

6. have you engaged in moderate intensity activities in the past week?		
0 day	18	5.8
1 days	60	19.4
2 days	25	8.1
3 days	5	1.6
4 days	16	5.2
5 days	39	12.6
6 days	85	27.4
7 days	62	20.0
7. how many days have blood glucose monitoring been conducted in the past week?		
0 day	17	5.5
1 days	61	19.7
2 days	27	8.7
3 days	3	1.0
4 days	20	6.5
5 days	44	14.2
6 days	70	22.6
7 days	68	21.9
8. within the past week, complete blood glucose monitoring times that are suitable for one's own condition The number of days?		
0 day	14	4.5
1 days	68	21.9
2 days	19	6.1
3 days	7	2.3
4 days	21	6.8
5 days	38	12.3
6 days	71	22.9
7 days	72	23.2
9. within the past week, carefully inspect your feet for any issues Number?		
0 day	13	4.2
1 days	71	22.9
2 days	17	5.5
3 days	7	2.3
4 days	20	6.5
5 days	41	13.2
6 days	68	21.9
7 days	73	23.5
10. within the past week, check the inside of the shoes for foreign objects, reputation Days of comfort?		
0 day	15	4.8
1 days	57	18.4
2 days	26	8.4
3 days	10	3.2
4 days	22	7.1
5 days	40	12.9
6 days	77	24.8
7 days	63	20.3
11. within the past week, take mediation or injections correctly complying to the doctor's requirements The number of days for insulin?		
0 day	15	4.8
1 days	61	19.7
2 days	28	9.0
3 days	4	1.3
4 days	24	7.7
5 days	40	12.9
6 days	65	21.0
7 days	73	23.5

Table 6 shows that 42.3% of patients have been able to adhere to dietary management every day in the past week, 35.5% of patients can sometimes adhere, and 22.2% of patients find it difficult to adhere. This shows that most patients with diabetes can realize the importance of diet management, but some patients still encounter difficulties in implementation. Research shows that personalized diet plan and continuous nutrition health education have significantly improved the blood sugar management and quality of life of diabetes patients (American Diabetes Association, 2023). In addition, nutrition and health education can help patients understand

and implement healthy dietary choices, thereby enhancing their self-management ability and improving their quality of life (Chen et al., 2019). The data shows that only 29.4% of patients monitor their blood sugar daily, 45.2% monitor it several times a week, and 25.4% of patients rarely or never monitor it. This shows that some patients with diabetes have low compliance in blood glucose monitoring. Effective blood glucose monitoring for diabetes.

Physical Exercise. In the past week, 30.6% of patients engaged in physical exercise every day, 39.7% of patients exercised several times a week, and 29.7% of patients rarely or never exercised. Physical exercise plays an important role in blood sugar control and cardiovascular system of diabetes patients. (Powers et al., 2019) Research found that regular moderate intensity physical exercise can significantly improve the metabolic control and overall health of diabetes patients. It is recommended that diabetes patients should take at least 150 minutes of moderate intensity aerobic exercise every week to achieve the best health effect. In addition, physical exercise can also improve mental health, reduce stress and anxiety (Chen et al., 2019). However, in the elderly population, it is necessary to exercise appropriately according to their own health condition to avoid adverse reactions. According to survey data, 25.6% of patients receive foot care every day, 37.2% receive care several times a week, and 37.2% have little or no foot care. Research found that regular foot examination and care can significantly reduce the incidence and severity of diabetes feet. Guiding patients on the correct foot care methods and precautions is of great significance for preventing complications (Fisher et al., 2019).

Drug Management. In terms of medication management, 52.3% of patients take medication on time every day, 30.6% of patients sometimes take medication on time, and 17.1% of patients find it difficult to adhere to taking medication on time. Drug management is the key to the treatment of diabetes. Taking drugs on time can help patients effectively control blood sugar levels. Research shows that poor drug compliance is one of the main reasons for poor blood glucose control in diabetes patients. By providing health education and behavioral interventions to patients, drug adherence can be significantly improved (American Diabetes Association, 2023). Personalized medication guidance and follow-up management are crucial for improving patient drug compliance and treatment outcomes (Miller et al., 2019).

Table 7

Social Support

Indicators	WM	VI	Rank
1. When I encounter problems, some people (leaders, relations, colleges) will appear next to me	4.77	Slimly Agree	11.5
2. I am able to share happiness and safety with some people (leaders, relations, colleges)	4.83	Slimly Agree	7
3. my family can provide me with practical and specific assistance	4.89	Slimly Agree	2
4. I can receive emotional help and support from my family when needed	4.78	Slimly Agree	10
5. when I accountant difficities, some (leaders, relations, colleges) are the true source of comfort for me	4.85	Slimly Agree	4.5
6. my friends can really help me	4.90	Slimly Agree	1
7. I can rely on my friends when difficulties arise	4.84	Slimly Agree	6
8. I can discuss my difficulties with my family	4.77	Slimly Agree	11.5
9. my friends can share happiness and safety with me	4.82	Slimly Agree	8
10. in my life, some people (leaders, relations, colleges) care about my emotions	4.79	Slimly Agree	9
11. my family is will to assist me in making variable decisions	4.85	Slimly Agree	4.5
12. I can discuss my own difficulties with friends	4.86	Slimly Agree	3
Composite Mean	4.83	Slimly Agree	

Legend:6.50-7.00=Strongly Agree;5.50-6.49=Very Agree;4.50-5.49=Slimly Agree;3.50-4.49=Neutral;2.50-3.49=Slowly Disagree;1.50-2.49=Very Disagree;1.00-1.49=Strongly Disagree

Table 7 presents a statistical analysis of social support. When encountering problems, someone (leader, relative, colleague) will appear by my side, with an average score of 4.77, indicating that the patient slightly agrees that when encountering problems, a leader, relative, or colleague will appear and provide support. This indicates that patients have received a certain degree of support in social networks, although this support is not very strong. Social support plays a key role in diabetes management, especially in providing emotional and

practical support (Chen et al., 2019). Research has found that a better social support network can alleviate psychological pressure on patients and improve their life satisfaction (Anderson et al., 2020). For example, Fisher et al. (2019) pointed out that emotional support can help alleviate the psychological burden of diabetes patients and improve their treatment compliance.

I am able to share happiness and security with some people (leaders, relatives, colleagues), with an average score of 4.83, indicating that the patient slightly agrees to share happiness and security with others, and that there is a certain level of emotional communication and support in the patient's social relationships. Emotional support has a positive effect on improving the mental health and quality of life of patients (Fisher et al., 2019). Powers et al. (2019) found that emotional support plays an important role in improving life satisfaction of patients with diabetes.

My family can provide me with practical and specific help, with an average score of 4.89, indicating that the patient slightly agrees that their family can provide practical help, reflecting the important supportive role of the family in the patient's life. The role of family support in diabetes management cannot be ignored, which can significantly improve patients' self-management ability and quality of life (Powers et al., 2019). Miller et al. (2019) found that family support can reduce the psychological burden on patients and improve their overall happiness.

When needed, I can receive emotional help and support from my family, with an average score of 4.7. This indicates that the patient slightly agrees to receive emotional support from their family when needed, indicating that family is an important source of emotional support. Emotional support plays an important role in the mental health and coping process of patients (Anderson et al.,2020). Chen et al.(2019) also pointed out that family emotional support can enhance patients' psychological resilience and help them better face disease challenges.

When facing difficulties, some people (leaders, relatives, colleagues) are the true source of comfort, with an average score of 4.85. The patient slightly agrees that when encountering difficulties, they will receive comfort from leaders, relatives, or colleagues, indicating that the patient has a certain source of support in the social network. Social support can alleviate patients' psychological stress and improve their quality of life (Fisher et al., 2019).

My friend can truly help me, with an average score of 4.90, indicating that the patient slightly agrees that the friend can provide practical help and that the friend plays an important role in the social support network. Friend support has a positive impact on the psychology and quality of life of diabetes patients (Powers et al., 2019). Miller et al. (2019) found that friends play a crucial role in patient self-management and emotional support.

When encountering difficulties, I am able to rely on friends, with an average score of 4.84, indicating that the patient slightly agrees to rely on friends when encountering difficulties, indicating that friends play an important role in the patient's support system. Friends play a crucial role in providing emotional and practical support (Fisher et al., 2019). Chen et al. (2019) pointed out that the support of friends can improve the psychological resilience of patients and help them better cope with diseases.

I am able to discuss my difficulties with my family, with an average score of 4.77. This indicates that the patient has slightly agreed to discuss difficulties with their family, and that their family is an important communication and support partner. Anderson et al. (2020) also found that open communication at home can improve patient treatment compliance and quality of life.

My friend can share happiness and security with me, with an average score of 4.82, indicating that the patient slightly agrees that their friend can share happiness and security with them, reflecting emotional communication and support between friends. Chen et al. (2019) pointed out that emotional support from friends has a significant positive impact on the quality of life of patients. In addition, Miller et al. (2019) found that the support of friends can increase patients' sense of social participation and reduce loneliness.

In my life, there are people (leaders, relatives, colleagues) who care about my emotions, with an average score of 4.79, indicating that the patient slightly agrees that there are leaders, relatives, or colleagues who care about their emotions in life. This indicates that the patient has received some emotional attention in society. Powers et al. (2019) pointed out that emotional attention is of great significance in improving the mental health and quality of life of patients.

My family is willing to help me make important decisions, with an average score of 4.85, indicating that the patient slightly agrees that their family is willing to help them make important decisions, reflecting their important role in the patient's decision-making process. Providing support from the family in the patient's decision-making process can enhance their confidence and decision-making ability (Fisher et al., 2019). Chen et al. (2019) found that family support can improve patients' life satisfaction and happiness.

4. Conclusions and recommendations

The quality of life of elderly diabetes patients in Beijing, China, is affected in many ways, including demographic characteristics, self-management behavior, mental health status, complications, quality of life assessment and health behavior. The in-depth analysis of these factors reveals the key areas in improving the management of diabetes and improving the quality of life of patients. The research analysis found that demographic characteristics such as gender, age, occupational status, educational level, medical insurance type, family monthly income, marital status, living area and living status had a significant impact on the quality of life of diabetes patients. Research shows that the proportion of women with diabetes is slightly higher than that of men, which may be because women pay more attention to health management in their old age and are easy to detect and control the disease early. For elderly patients aged between 65 and 74 years, especially after retirement, lifestyle changes significantly affect the management of diabetes. Therefore, the diabetes management plan for retired seniors needs to be more targeted. Patients with lower educational level face more challenges in understanding and implementing diabetes management, which suggests the need for simplified and personalized health education materials.

Due to the limitations of medical security and resources, the quality of life and health management of patients with poor economic conditions and dependence on resident medical insurance are affected. This indicates that improving the level of medical security and providing economic support are crucial for improving the quality of life of patients. Self-management behavior is an important part of diabetes management. Most patients can adhere to dietary management, but compliance with blood glucose monitoring and physical exercise still needs to be improved. Regular blood glucose monitoring helps to adjust treatment plans in a timely manner, prevent hyperglycemia and hypoglycemia events, and regular physical exercise can improve blood glucose control and cardiovascular health. Some patients face difficulties in foot care and medication management, and improving these behaviors is crucial for preventing complications and improving quality of life. Therefore, personalized health education and management strategies should include dietary guidance, exercise plans, foot care, and medication management.

Mental health is one of the important factors affecting the quality of life of patients with diabetes. Depression and anxiety are common in diabetes patients, which not only affects treatment compliance, but also significantly reduces the quality of life of patients. Good social support can significantly improve the mental health status of patients, enhance their treatment confidence and life satisfaction. Therefore, diabetes management should integrate psychological intervention and emotional support to help patients cope with mental health problems and improve their quality of life. The existence of complications is one of the important reasons for the decline of life quality of diabetes patients. Among them, diabetes retinopathy, nephropathy, neuropathy, cardiovascular disease and foot ulcer are common complications. Controlling blood sugar, blood pressure, and lipid levels, as well as regular physical examinations, are crucial for preventing and managing these complications. In particular, foot care, through regular inspection and appropriate care, can effectively prevent foot ulcers in diabetes and reduce the risk of amputation. Strengthening the patient's awareness and management

of complications can significantly improve their quality of life.

Quality of life assessment shows that patients have varying degrees of problems in physiological function, mental health, social function, role emotions, and vitality. Pain management is also an important factor affecting quality of life. Through comprehensive health management strategies, including personalized diet and exercise plans, psychological support, and social support, patients can significantly improve their quality of life. For example, regular health assessments and personalized treatment plans can help patients better manage pain, improve daily activity abilities, and improve life satisfaction. In terms of health behavior, most patients do not smoke or drink, which has a positive impact on diabetes management. However, some patients still need to improve their dietary and exercise habits.

Regular foot care and health education can help patients prevent complications and maintain a good quality of life. Smoking cessation and alcohol restriction are particularly important for patients with diabetes, because they cannot only improve blood sugar control, but also significantly reduce the incidence of complications. Encouraging patients to develop healthy lifestyle habits, providing relevant support and resources, is the key to improving their quality of life. In general, the quality of life of elderly diabetes patients in Beijing is affected by many factors. In order to improve their quality of life, it is necessary to adopt a comprehensive health management plan. These strategies should include personalized health education, increasing medical resources, providing psychological support, and establishing strong family and community support networks. Regular checkups and personalized management strategies are key to improving the quality of life for patients. These measures can significantly improve the health status and quality of life of patients with diabetes.

Based on the research on the quality of life and its influencing factors of elderly diabetes patients in Beijing, and through the analysis of demographic characteristics, self-management behavior, mental health status, complications, quality of life assessment and health behavior, suggestions and strategies on how to improve the overall quality of life and health management of patients were put forward. Strengthen health education: For patients with lower cultural levels, simplified and personalized health education and guidance should be provided. Health education should cover all aspects of diabetes management, including diet control, blood glucose monitoring, drug management, foot care and physical exercise. Ensure that patients and their families receive continuous health education and support through community lectures, regular follow-up, and online education platforms.

Improve medical security: It is recommended that the government and relevant medical institutions increase investment in resident medical insurance, especially in rural areas and economically disadvantaged patient groups, to ensure that they can access sufficient medical resources and support. Through policy support and economic assistance, alleviate the economic pressure on patients and improve their quality of life. Providing psychological support: diabetes patients have more common depression and anxiety, which significantly affects their treatment compliance and quality of life. Therefore, it is suggested to integrate psychological intervention and emotional support in the management of diabetes. Provide psychological support services through psychological counseling, support groups, and telephone follow-up to help patients cope with mental health issues, improve treatment effectiveness, and enhance life satisfaction. Regular screening and management: diabetes complications, such as retinopathy, nephropathy, neuropathy and foot ulcer, have a significant impact on the quality of life of patients.

It is recommended to regularly screen and manage related complications, especially in patients with longer course and more severe conditions. By regular health checks and early intervention, the occurrence of complications can be prevented and reduced, and the quality of life of patients can be improved. Promoting healthy behaviors: healthy living habits are crucial to diabetes management. It is recommended to carry out health activities and publicity in hospitals and communities, encourage patients to quit smoking and limit alcohol consumption, maintain healthy eating habits and regular physical exercise. Especially in terms of foot care, detailed nursing guidance and support should be provided to help patients prevent foot ulcers and infections. By

conducting regular follow-up, ensure that patients can continue to maintain healthy behaviors. Establish social support network: family and community support plays an important role in the quality of life of diabetes patients. Suggest establishing and strengthening family and community support networks, providing emotional support and daily life assistance through the participation of family members and the help of community volunteers. The community center can set up a mutual aid group for diabetes patients, organize activities and exchanges regularly, and enhance the patients' sense of social participation and support network. By implementing these comprehensive strategies, the quality of life of elderly diabetes patients in Beijing can be significantly improved, and their health management ability and overall life satisfaction can be improved. Governments at all levels, medical institutions and communities should work together to establish a sound diabetes management system to ensure that every patient can receive comprehensive and continuous health support and services.

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