

## Knowledge Gap in Diabetes and Associated Factors among adult Population in the State of Qatar

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### Abstract

This study aims to identify the knowledge gaps in diabetes and associated factors among adult population in Qatar. Data were obtained from 2400 participants from the public through face-to-face interview using a pretested English and Arabic questionnaire for a period of 4 months in 2018. Data were analysed using descriptive statistics. The participants were equally distributed by gender; predominantly Arab expatriates (37.6%) and Qataris (33.3%), aged 25-34 years old (39.8%), married (59.5%), attained or completed tertiary level education (58.4%), gainfully employed (66.1%), and with monthly modal income range of 5,001-15,000 Qatari Riyals (\$4,110-8,219 )(28.2%). Forty-two percent of the participants do not know any of the main types of diabetes and majority have low awareness of T2DM (21%) and T1DM (40%). Most common knowledge gaps identified were fallacies that diabetes can be cured (37%), Type 2 diabetes can be prevented (49%), and only Type 1 diabetes needs insulin (36%). Participants had low knowledge on diabetes (43±15%) particularly on areas of risk factors, signs and symptoms, complications, and disease management. On the other hand, majority believed that diabetes is not contagious (84%), it affects both children and adults (90%), and healthy lifestyle reduces the risk of diabetes (92%). Increasing understanding about diabetes is essential for better disease prevention and management. Wider diabetes communication campaign is required to address the knowledge gaps among the studied population. Keywords: Diabetes knowledge, Knowledge gap, Qatar.

### Article Information

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