



Inspiring Change, Innovating Futures

Relationship between Quality of Life and Occupational Therapy Interventions among Patients with Type- 2 Diabetes in Riyadh

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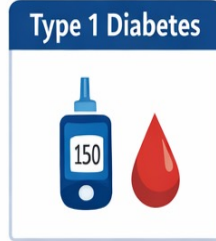
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Background & Rationale



Diabetes: A Growing Global Health Problem



Type 1 Diabetes

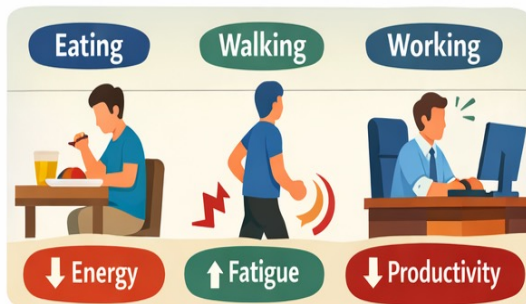


Type 2 Diabetes

Most Prevalent
Linked to Lifestyle



Beyond Glucose Control:
Ongoing Patient Care

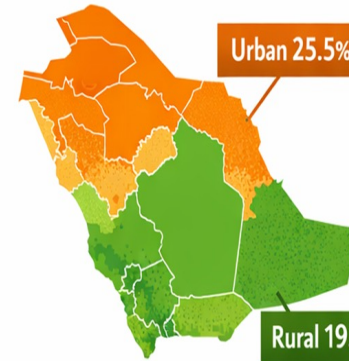


Impact on Daily Activities



Complications of Type 2 Diabetes reduce quality of life.

Diabetes in Saudi Arabia



2nd Highest
in Middle East

7th in the World

Impact of Diabetes



↑ Morbidity



↑ Mortality



Vascular Complications



Poor Quality of Life

Risk Factors



↑ Obesity



↑ Physical Inactivity



↑ Unhealthy Diet

Background & Rationale



Occupational Therapy & Quality of Life with Type 2 Diabetes

Self-Care



Bathing, Dressing

Productivity



Working, Studying

Leisure



Hobbies, Recreation

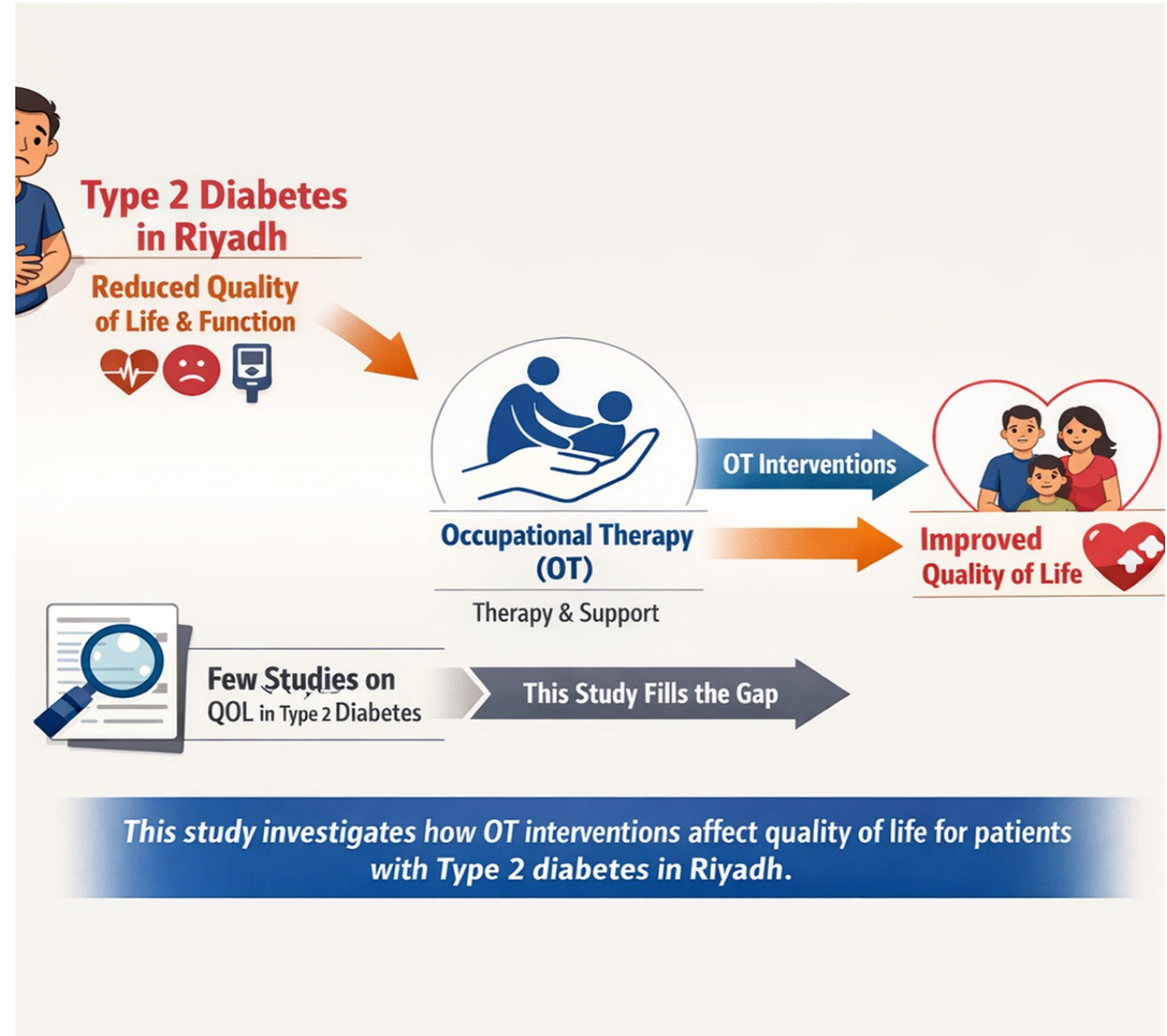
Healthy Routines



Education



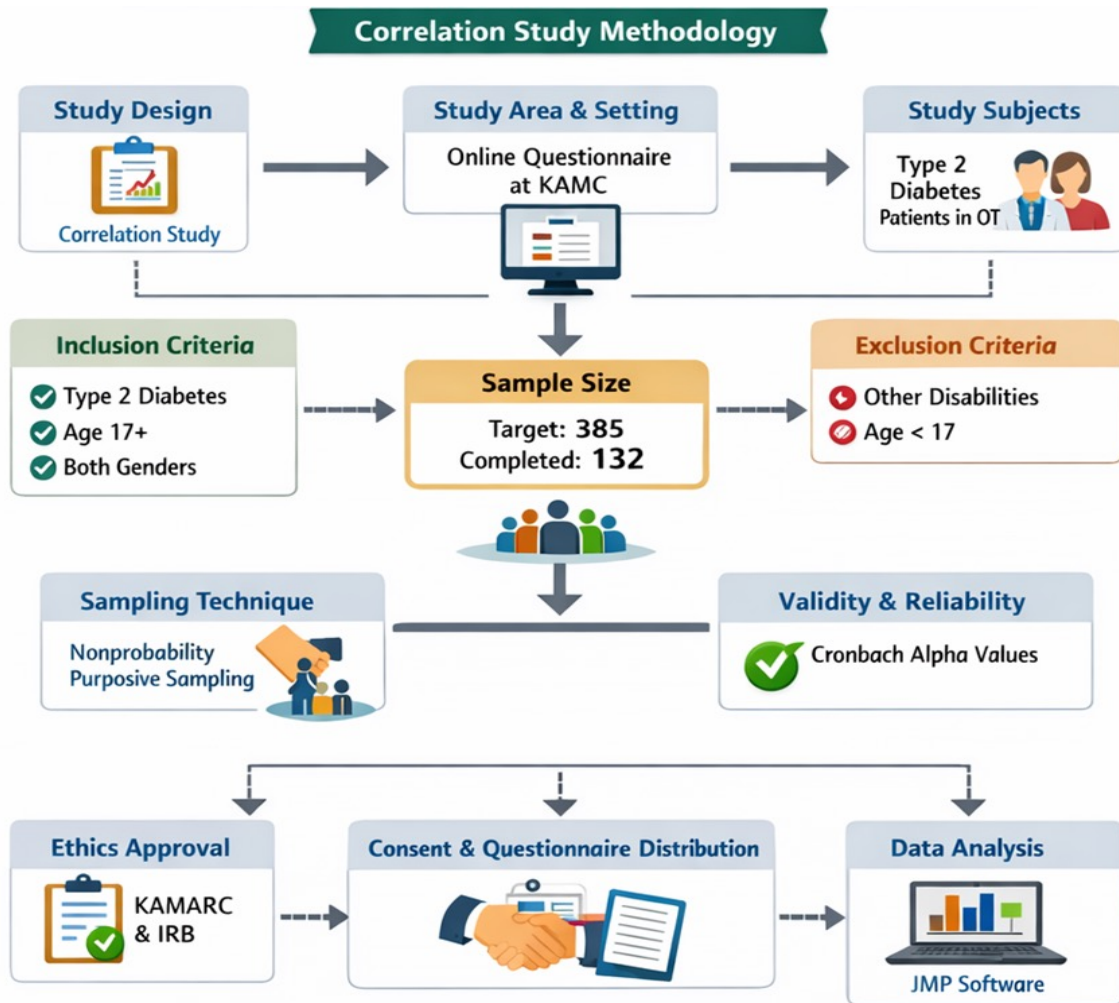
OT plays a vital role in managing Type 2 diabetes by improving self-care, independence, and healthy routines.



Aim and Objectives



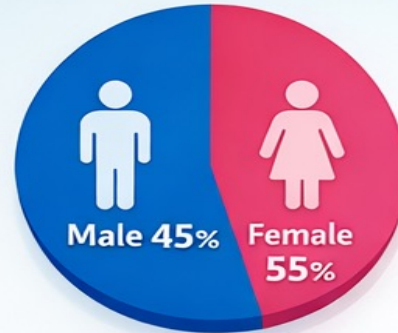
Methodology



Results

Demographic detail of subjects

◆ Gender Distribution ◆



◆ Median Age (Years)



Male 24 Female 26 Total 24



◆ Educational Status ◆



◆ Years with Diabetes ◆



◆ Average Income ◆



◆ Years Receiving OT ◆



◆ Types of OT Received ◆



Quality of Life and Occupational Therapy in Type 2 Diabetes Patients in Riyadh

DQoL Scores by Gender

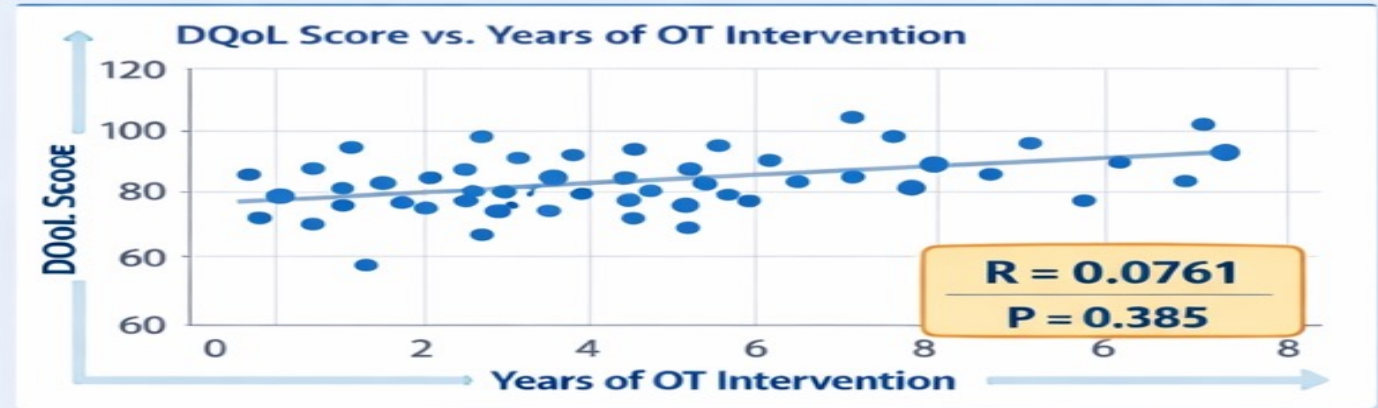
Sample: Male (N=59), Female (N=73)



Significant difference in impact score between male and female ($P < 0.05$).

DQoL & Years of OT Intervention

N = 132

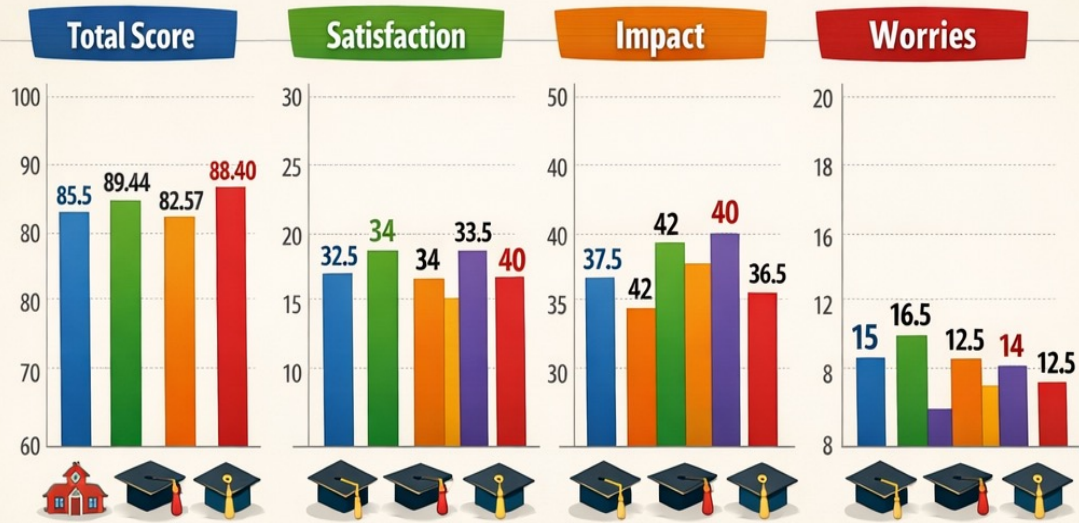


Positive but Weak Correlation (Not Significant)



DQoL Scores by Educational Status

Among Patients with Type 2 Diabetes in Riyadh



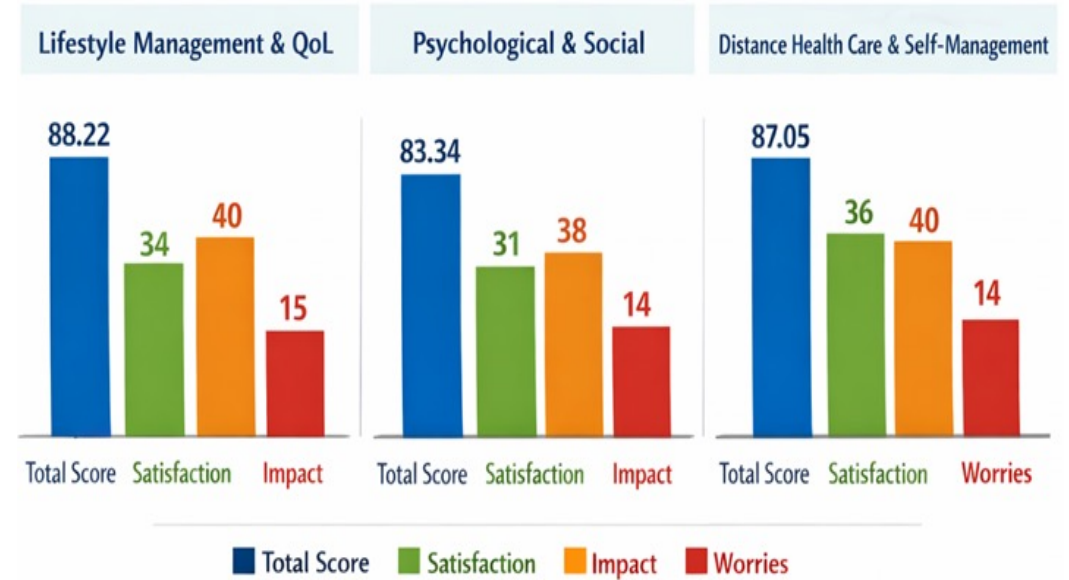
Higher Education Reduces Worries!

Significant Difference in Worries Scores (P = 0.032)



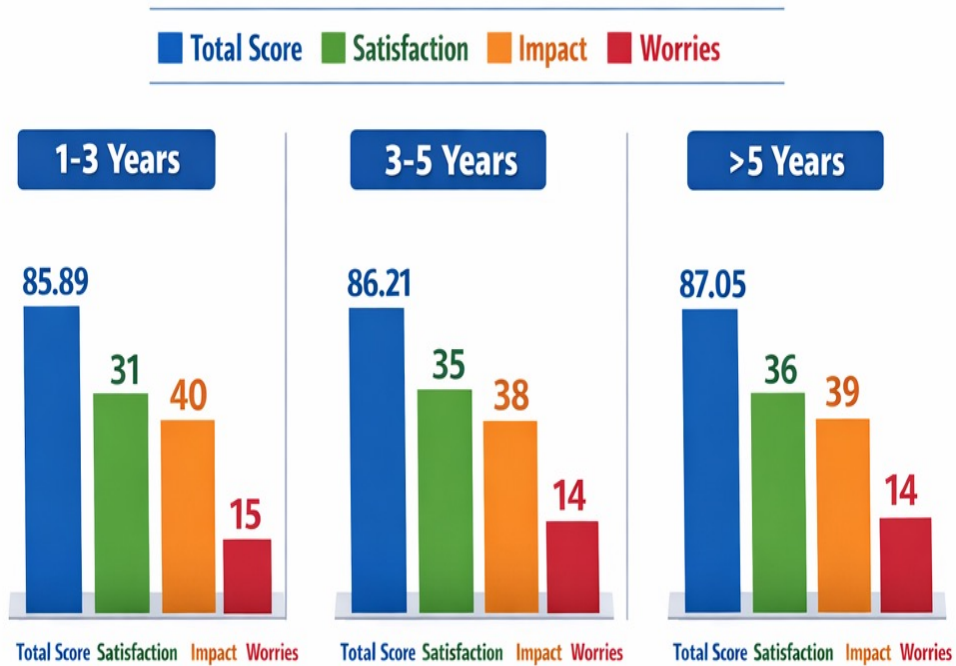
DQoL Scores for Patients with Type 2 Diabetes in Riyadh

by Type of OT Intervention



Satisfaction scores for lifestyle management (P=0.039).

DQoL Scores for Patients with Type 2 Diabetes in Riyadh by Years of Diabetes



Satisfaction scores by years of diabetes ($P = 0.023$)

DQoL Scores for Type 2 Diabetes Patients in Riyadh by Years Receiving Occupational Therapy



- **Satisfaction scores** by years receiving OT ($P = 0.004$)
- **Impact scores** by years receiving OT ($P = 0.019$)

Discussion

Study Overview & Key Findings



- 132 Participants (Male: 59, Female: 73)
- Moderate Level of Quality of Life (QoL)



- No Significant Gender Difference in Overall QoL, but Males Had More Impact from Diabetes
P = 0.016
- 2023 Kuwait Study: Moderate HRQoL, Mobility & Discomfort Issues ($P < 0.05$)

Education & Worries

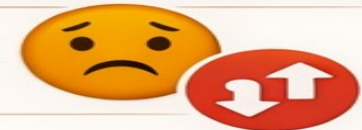
- Higher Education = Less Worries About Diabetes Symptoms **P = 0.032**
- 2022 South India Study: Higher Education, Better QoL



Years with Diabetes & Satisfaction



- Longer Diabetes Duration = Lower Satisfaction & QoL **P = 0.023**
- 1999 Swedish Study: QoL Declines with Diabetes Duration
- Limitations: Small Sample Size, Lengthy Questionnaire



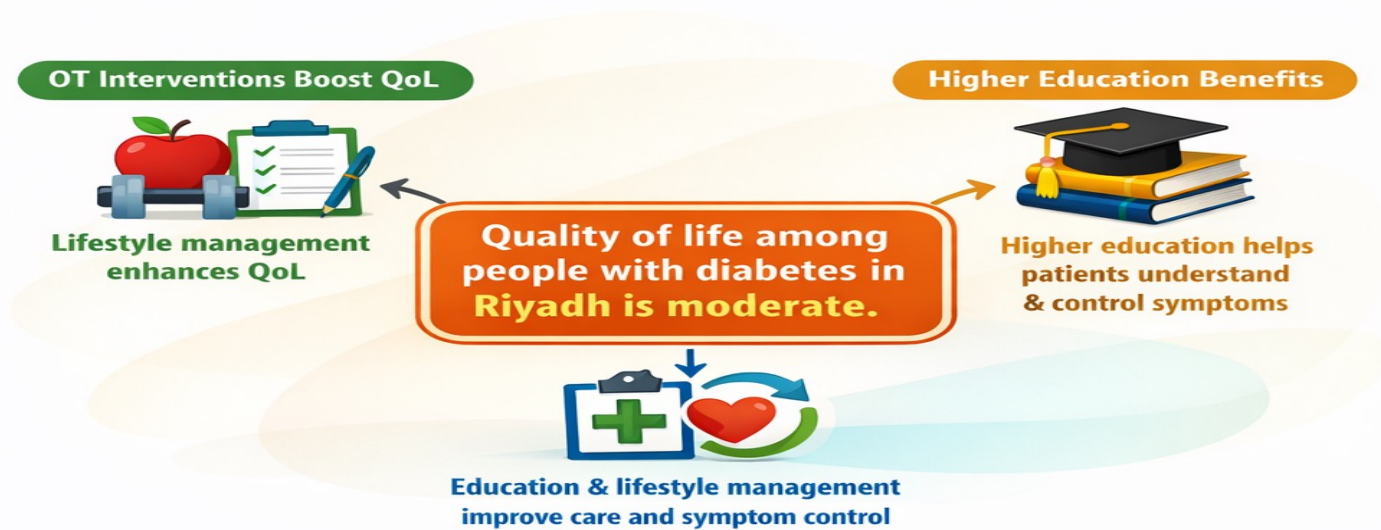
Strengths & Recommendations



- Strength: Validated Arabic Questionnaire
- Recommendations:
 - Larger Sample Size
 - Long-Term Follow-Up
 - Address Mobility, Eating Habits & Physical Activity



Conclusion and References



Scan me!





Thank You!

OCCUPATIONAL THERAPY & DIABETES



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