

Health Status, Quality of Life and Stress in Patients with Type 2 Diabetes Mellitus: A Multicentre Cross-sectional Observational Study

Sara Leonardi¹, Diletta Fabrizi¹, Michela Luciani¹, Davide Luigi Lino Ausili¹

¹ School of Medicine and Surgery, University of Milano-Bicocca, Monza, Italy
(Corresponding Author: s.leonardi16@campus.unimib.it)

Citation: Leonardi S, Fabrizi D, Luciani M, Ausili DLL. “Health Status, Quality of Life and Stress in Patients with Type 2 Diabetes Mellitus: A Multicentre Cross-sectional Observational Study” (2026) *International Journal of Health Supplements* 1(Suppl. 1):54. Supp. DOI: <https://doi.org/10.82051/ijhs-2026-1>

 Winner of the Best ePoster Award – *Evidence into Impact: Research that Transforms*

Introduction. Type 2 diabetes mellitus (T2DM) is one of the most common chronic diseases worldwide, linked to a high burden of complications and mortality. Its often asymptomatic onset can limit patients' awareness of their condition, creating a discrepancy between perceived and actual health status. This study aims to describe patients' perceived health status and assess its association with objective health indicators in people with T2DM.

Methods. A multicentre cross-sectional observational study was conducted using a convenience sample. Adults with T2DM were enrolled. The objective health indicators assessed were glycated haemoglobin (HbA1c) and diabetes complications. Perceived health was assessed using Short Form12, EuroQoL-5 and Problem Areas in Diabetes-5.

Results. 299 patients (mean age: 70; 36% female) were enrolled. Over 90% had at least one comorbidity, and 30% had diabetes complications. Scale scores showed generally positive perceptions of health status and quality of life, with low emotional stress. No significant associations emerged between perceived health status and HbA1c. However, poorer physical status was associated with complications.

Discussion. The findings highlight a discrepancy between glycemic control and subjective health perceptions. Awareness of the condition tends to align with objective status when complications are present. Interventions that enhance disease awareness and promote self-care could empower patients and reduce this discrepancy.

Keywords: Diabetes, Health Status, Quality of Life, Type 2 Diabetes Mellitus, Self-Care

© The Author(s) 2026. This abstract is published by iEditore and distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY 4.0)

Funding: This research received no external funding. **Conflict of Interest:** The authors declare no conflict of interest.