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Assessing social support among patients with non-communicable diseases attending an urban primary health centre at Austin Town, Bengaluru: a mixed method study: Reg ID: 273

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ABSTRACT

Background: Social support plays a vital role in management of Non Communicable Disease (NCD). This study aimed to assess the level of social support and identify factors influencing it among patients with NCDs. **Methodology:** A mixed-methods study was conducted over six months at an Urban Primary Health Centre in Bengaluru. A total of 100 adults diagnosed with at least one NCD, selected consecutively were administered a structured questionnaire on sociodemographic, clinical status and the Multidimensional Scale of Perceived Social Support (MSPSS). Key informant interviews (n=3) with community health workers and focus group discussions (n=2) with patients with NCD were conducted. Quantitative data were analysed using descriptive statistics, Chi-square, and logistic regression, while qualitative data underwent thematic analysis. **Results:** The mean age of the study population was 53.3±10.4 years. Most participants were homemakers (65%), from nuclear families and belonged to Lower Socio-economic Class (n=94). The mean social support score was 4.25±1.46. Social support was moderate for 56%, high for 27% and low for 17%. The mean Hba1c was 6.83±1.21%. About 34% population showed good medication adherence. Well controlled Hba1c levels (p=0.029) were seen among participants with better support. Overall, 30 participants reported that they had nobody when they needed help and 29 participants reported poor family support. Qualitative findings highlighted family and healthcare provider support as key influences. **Conclusion:** Most patients with NCD reported moderate social support. Family and healthcare provider involvement are crucial in effective disease management.

KEYWORDS

Non-communicable diseases (NCDs), Social Support, Mixed-methods study, Hba1c, Medication Adherence, Family