



Title

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Author(s)

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The validity and reliability of a diabetes prevention knowledge test

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The objective of this study was to examine the validity and reliability of a diabetes prevention knowledge test. The test was used for assessment of the knowledge of healthy lifestyle for the prevention of diabetes in the intervention study among women with previous gestational diabetes mellitus (GDM). The questionnaire distributed to women aged 20 to 50 years old with education level of at least 10 years' formal education completed. The questionnaire consists of 11 items with 40 questions, mainly comprise of questions about the risk factors of diabetes, healthy eating and physical activity. In the questionnaire, respondents were also asked whether they had ever received formal diabetes education. Differences between the respondents with and without formal diabetes education were examined for validity. It was hypothesized that respondents with formal diabetes education would have higher scores. Test retest method was used to examine the intra class reliability, in which the respondents were asked to retest after 3 months. A total of 62 respondents (20 had received and 42 never received formal diabetes education) completed the test. Both groups with and without formal diabetes education were not significant different in age (30.0 ± 8.0 ; 30.1 ± 8.2 , $p=0.974$) and educational background. Respondents with formal diabetes education significantly scored higher than respondent without formal diabetes education (94.6 ± 4.1 ; 87.9 ± 6.8 , $p<0.001$). Mean scores of the test during baseline were not significantly different with the mean scores during retest (90.1 ± 6.8 ; 89.8 ± 6.8 , $p=0.803$) and the test retest scores were positively associated with each other ($r=0.479$, $p<0.001$). The association remained the same when the respondents' tests were evaluated separately for the groups with, and without formal diabetes education. The diabetes prevention knowledge test was suitable, valid and reliable for the assessment of the knowledge of the subjects in the intervention study.



Affiliations

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Main text of abstract

1. Between 200-300 words
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4. **Do not separate text** into Introduction, Methods, Results and Discussion, Conclusions.
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