

Abstract

The disease diabetes mellitus is reaching an alarming level worldwide and its prevalence is rising sharply every year. The Czech Republic has over a million patients with this disease. This is a major societal problem, where the costs of diabetes treatment, especially for the treatment of complications, are skyrocketing and burdening the economy. Therefore, we must look for ways to motivate patients to reduce weight, which can also lead to disease remission, better compensations, and a reduction in the development of complications in individual patients.

People often know about a healthy diet and the need for physical activity, yet they often struggle with reducing their weight. The aim of this work was to find out how we can motivate patients with type 2 diabetes mellitus to lose weight. In view of the development of motivational interviews when working with behaviour change in patients with type 2 diabetes mellitus, a hypothesis was established: An appropriate individualized motivational interview can positively influence the motivation to reduce weight in patients with type 2 diabetes mellitus.

To fulfil the goal of this work, both quantitative and qualitative research was chosen in order to use the strengths of both methodological approaches as much as possible. Quantitative based on an online questionnaire survey, which was chosen for the general mapping of patients with type 2 diabetes mellitus and their level of motivation. And qualitative research in the form of 4 motivational interviews, which made it possible to achieve a deeper understanding of individual motivation and supported interview participants in their motivation to reduce weight.

The results of the interviews proved that a motivational interview can positively influence patients with type 2 diabetes mellitus to reduce weight.

Motivation to reduce weight is interpersonal and can be influenced. We can therefore motivate patients with type 2 diabetes mellitus to reduce weight, through communication in the spirit of motivational interviews. In the future, we should try to introduce motivational interviews into the treatment protocol of patients with type 2 diabetes mellitus.

Key words

Motivation, motivational interviewing, diabetes mellitus type 2, motivation to lose weight