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Factors Associated With Glycemic Control and Diabetes Complications Among Patients With Type 2 Diabetes in Al-Qassim Region Saudi Arabia: A Cross-Sectional Study

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Objective: COVID-19 lockdown-associated lifestyle changes were more prevalent in individuals with T1D and T2D compared to control. Findings may assist public health authorities in outlining their responses in pandemics and promote healthy lifestyle adaptations in this high-risk cohort to limit adverse effects in future lockdowns.

Results: The COVID-19 lockdown was associated with more treatment doses in people with T1D but not in those with T2D (P < 0.003). More participants with T1D and T2D than the control group reported that they felt symptoms of depression during lockdown (ORs of 1.83, P = 0.008 and 2.2, P = 0.001, respectively) and that lockdown affected their health psychologically (ORs of 1.64, P = 0.019 and 1.85, P = 0.005, respectively). More participants with T1D than controls reported that their physical activity decreased during lockdown (OR of 2.70, P = 0.024). Furthermore, significantly less participants in both DM groups than controls agreed that the health education regarding COVID-19 covered everything (ORs of 0.41, P < 0.001 and 0.56, P < 0.001, respectively for T1D and T2D groups).

Discussion/Conclusion: COVID-19 lockdown-associated lifestyle changes were more prevalent in individuals with T1D and T2D compared to control. Findings may assist public health authorities in outlining their responses in pandemics and promote healthy lifestyle adaptations in this high-risk cohort to limit adverse effects in future lockdowns.