

**The relationships of self-perceived cognitive function and self-management of Type 2
diabetes**

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Abstract

It is known that type 2 diabetes can contribute to cognitive decline, but it is unclear how many type 2 diabetics are aware of this connection. This study sought to learn more about the perceptions of self-reported cognitive function and diabetes self-management in adults with type 2 diabetes. A sequential mixed methods study was created with a semi-structured interview and survey of open-ended questions and questionnaires for demographics, perceived cognitive deficits, and diabetes self-management. One-hundred and thirteen adults with type 2 diabetes mellitus participated. Those who perceived greater deficits in their cognitive function took more steps to manage their diabetes. Seventy-two percent of participants ($n = 81$) were not aware of their increased risk for cognitive decline, and the vast majority had never received attention from their healthcare providers regarding cognitive changes. Awareness should be increased so patients with type 2 diabetes take steps to protect their cognitive functioning. Healthcare providers can provide education and integrate regular cognitive assessments into their practice to support their patients in this pursuit.