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Thesis Title	Assessment of Life-Style for Adults with Diabetes Mellitus (Type II)
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Abstract	A descriptive study was carried out National Diabetes Centre, College of Medicine Al-Mustansiriya University and Specialized Centre for Endocrinology and Diabetes in Al-Kendy Teaching Hospital for period of July 2002 August 2003. The study aimed to assess the lifestyle of adult patients with diabetes mellitus (type II), to find out the relationship between the lifestyle pattern with demographic characteristic and to identify the needs of adults patient with diabetes mellitus for future. A purposive (non, probability) sample of (205) patients with criteria of the sample (age 40 years and above and duration of diabetes one years and above) was selected for the study. An assessment form was constructed for the purpose of the study. It comprised of two parts which were dealing with the demographic characteristics of these patients and the dimensions of the lifestyle. Test –retest reliability was employed through computation of Pearson correlation coefficient. Content validity of the assessment form was determined through a panel of experts and pilot study. Data were collected through the application of the questionnaire and interview technique. Data were analyzed through descriptive statistical approach (frequency and percentage) and inferential approach (chi-square and correlation coefficient). The study concluded that the mean of age were 56.28 years, the majors of the urban in nuclear family and their level of education read and write and most of them were married and had children. The results of the study showed that the diabetes effected on the lifestyle of adults. The study recommended that it is better and more useful to increase the number of diabetic centres in Iraq. And the patient with newly diagnosis need a special educational program in the specialist centre and need identify specialist nurse in diabetes disease. Distributed manual for diabetes to every patient with diabetes and give him note book for every diabetic patient to record his diet, activity and medication to control of his disease.