



*Handling*  
**Emotional Distress**  
**in Malaysian Adults**  
with Type 2 Diabetes

Boon-How Chew

<b>Content</b>		<b>Page</b>
Chapter 1	General introduction	7
<b>Part I</b>	<b>Prevalence of and factors associated with diabetes-related distress in Asian adults with type 2 diabetes mellitus</b>	<b>23 - 79</b>
Chapter 2	Diabetes-related distress, depression and distress-depression among adults with type 2 diabetes mellitus in Malaysia	25
Chapter 3	Association of diabetes-related distress with self-efficacy, self-care activity, medication adherence and disease control	47
Chapter 4	Diabetes-related distress and depressive symptoms might be beneficial in the long term. A 3-year cohort study in Asian adults with Type 2 diabetes mellitus who received regular primary diabetes care	65
<b>Part II</b>	<b>Design and results of the VEMOFIT trial</b>	<b>81 - 201</b>
Chapter 5	A Cochrane systematic review on the effects of psychological interventions on diabetes-related distress in adults with type 2 diabetes mellitus	83
Chapter 6	The effectiveness of a Value-based <b>EMOTION</b> -cognition-Focused educational programme to reduce diabetes-related distress in Malay adults with Type 2 diabetes (VEMOFIT): study protocol for a cluster randomised controlled trial	131
Chapter 7	Validity and reliability of a Malay version of the Brief Illness Perception Questionnaire for patients with type 2 diabetes mellitus	157
Chapter 8	The effectiveness of the VEMOFIT programme in adults with type 2 diabetes mellitus on diabetes-related distress	179
Chapter 9	General discussion	203
	Summary	223
	Samenvatting	229
	Ringkasan	237
	Acknowledgment	245
	List of publications	249
	Curriculum Vitae	255