

Original Article

## Predictors of Hypoglycemia Fear in Patients With Type 2 Diabetes Under Treatment of Oral Anti Hyperglycemic Agents

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### Abstract

**Introduction:** Hypoglycemia is a medical emergency that disrupt routine life. Hypoglycemia experience likely causes fear of its recurrence. Even mild or moderate episodes may worry patients for frequent events. Limited studies have assessed predictors of fear of hypoglycemia in patients with diabetes. The aim of the present study was to determine the predicting factors of hypoglycemia in type 2 diabetic patients treated with oral anti-hyperglycemic agents. **Materials and Methods:** This cross-sectional study was conducted on 357 patients with type 2 diabetes treated with oral anti-diabetic drugs. Data was collected through interviews by using a three-part questionnaire (socio-demographic & clinical characteristics, HFS-II). The data was analyzed with descriptive and deductive statistical methods (Generalized Linear Models) at  $\alpha < 0.05$  using SPSS v.16 software. **Results:** Mean age of patients was  $54.11 \pm 11.54$  years and the majority were female (56.6%). The mean HFS score was  $16.8 \pm 16.33$ . In regression analysis, frequency of hospitalization ( $p < 0.001$ ), employment ( $p < 0.048$ ), number of medications ( $p < 0.029$ ), hyperlipidemia ( $p < 0.026$ ), hypoglycemia ( $p < 0.001$ ) and hypoglycemia intensity ( $p < 0.001$ ) were related to fear of hypoglycemia. **Conclusion:** According to the results of the present study, hypoglycemia and its intensity are considered as the strongest predictors of fear of hypoglycemia. Therefore, prevention of hypoglycemia occurrence and reduction of its related fear can be performed by modifying the other predictors identified in this study.

**Keywords:** Fear of hypoglycemia, Diabetes Mellitus, Oral anti-hyperglycemic agents