*Complete the table regarding the chronic condition of diabetes mellitus as applied to the diabetic individual’s adhering to self-care recommendations.* [Once you have completed this table, please copy all the information below and paste it into your assignment Appendix]

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| **CONCEPT** | **POTENTIAL CHANGE STRATEGIES** |
| Perceived susceptibility (beliefs about the chances of acquiring an illness of condition) | *Why is the diabetic at risk of specific complications of the condition (kidney damage, blindness, increased risk of stroke and heart attack, loss of limb, and other functional losses)?*  |
| Perceived severity (beliefs about the seriousness and consequences of an illness or condition) | *What are the consequences of developing a diabetic complication?* |
| Perceived benefits (beliefs about the effectiveness of taking action to reduce risk or severity) | *How can the diabetic individual take action (how, where, when) and what benefits will be achieved in adhering to self-care recommendations?*  |
| Perceived barriers (beliefs about the actual and psychological costs of taking action) | *What methods can reassure, inform, and assist diabetic individuals to take action in adhering to self-care recommendations?*  |
| Cues to Action (factors that activate readiness to change) | *What methods can promote awareness in the diabetic individual and support decisions to take action in adhering to self-care recommendations?*  |
| Self-efficacy (factors affecting confidence in the ability to take action) | *How can the diabetic individual be encouraged and assisted to adhere to self-care recommendations?*  |