**SUMMARY**

**Background:** Diabetes mellitus is a rapidly growing problem in Nigeria. This problem of diabetes mellitus cannot be reversed without comprehensive educational strategies.

In Nigeria, diabetes education is poorly and rarely administered in the face of rising prevalence, mortality and economic impact of type 2 diabetes mellitus. Hence there is need for research on an educational intervention program that can enhance the self-efficacy of people living with diabetes mellitus in general, and type 2 diabetes mellitus in particular.

**Objectives:** The study assessed the effect of self-efficacy enhancing education on the management of type 2 diabetic patients attending General Out-patient Clinic (GOPC) at University of Abuja Teaching Hospital (UATH), Gwagwalada, with the view to improving their health outcomes. The study specifically determined the effect of self-efficacy enhancing education on the self-efficacy levels, health-related quality of life, self-care behaviours and glycemic controls of type 2 diabetic patients attending GOPC at UATH.

**Methods:** The study was a non-blinded randomized controlled trial of 58 type 2 diabetics who met the inclusion criteria. Four sessions of self-efficacy enhancing education at monthly intervals, telephone follow-up calls, and diabetes self-care booklets were administered to the participants in the intervention group. Also traditional diabetes education was administered to the intervention group equally. Participants in the control group received only traditional diabetes education at monthly follow-up.
The results were analyzed with Statistical Package for Social Science version16.0 software. Frequencies, percentages and independent t-test were deployed to prove the set-out objectives of the study.

**Result:** The mean age of all the participants was 51.2 (SD ± 6.8) years. However, average age of control group was 51.6 (SD ± 6.3) years while intervention group was 50.9 (SD ± 7.3) years. The male participants were 53.4% and 25.9% of the participants were from Hausa tribe. Also 60.4% have semi-skilled occupation, while 60.4% had secondary education. The results also show that 86.2% of the participants had diabetes between 1 to 5 years while 86.7% earn above minimum wage.

The results show that the glycemic control of the participants in the intervention group significantly improved compared to the control group (FBG: $p=0.004$; HbA1C: $p=0.012$). Self-care behaviour of the participants in the intervention group significantly improved compared to the control group ($p=0.0001$). Also, there were significant improvements in the self-efficacy (DMSES: $p=0.020$; PTES: $p=0.0001$) and health-related quality of life of the participants in the intervention group compared to the control group at the end of three-month.

**Conclusion:** Self-efficacy enhancing education positively affected the management of type 2 diabetic patients attending GOPC at UATH. Therefore, self-efficacy enhancing education program should be incorporated into the diabetic education protocol to compliment traditional diabetes education, in order to reverse the rising menace of diabetes mellitus in Nigeria.