

## *Why carry out this study?*

- Self-efficacy has been found to have a direct relation with self-care in diabetes.
- Several tools have been developed and used for evaluating self-efficacy of diabetic patients, the most widely used being the Diabetes Management Self-Efficacy Scale (DMSES).
- The aim of the present study was to translate, culturally adapt, and validate the Greek DMSES (GR-DMES) in order for it to be used in the ATTICA pilot study of the SmartCare EU-funded project.

## *What was learned from the study?*

- The findings supported that the GR-DMSES was reliable and valid in measuring self-efficacy related to diabetes self-management, thus providing a quick and easy to use tool to health professionals dealing with Greek adults with type 2 diabetes.

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