

Development of a website-based dietary education for patients with Type 2 Diabetes Mellitus: a theory based approach

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Introduction: The Internet holds promise for a wide-scale promotion of dietary and lifestyle behavioural change. Despite that, no published study focused on dietary behaviour change in adults with type 2 diabetes mellitus via a website-based system was found. **Objective:** To develop and evaluate an interactive nutrition education website for patients with type 2 diabetes mellitus. **Proposed methodology:** A user-friendly website will be developed using the Health Action Process Approach (HAPA) and Object Oriented (OO) Programming approach. Modularity, simplicity, clarity, reliability, safety and maintainability will be used as criteria in the development of the system. The system will be built using PHP and powered by MySQL. **Expected outcome:** This will be a theory-based interactive website that will emphasise on nutrition behavioural modification. Immediate feedback received will imitate the responses usually given during face-to-face counselling. Besides providing evidence-based recommendations that is modified to the local context, this website will also provide reliable and comprehensive nutritional information to the patients. **Significance of the study:** The website is hoped to improve patients' knowledge, attitude and practice (KAP), anthropometrical measurements and blood biomarkers (fasting blood glucose and HbA1c), while reducing the cost and burden of face-to-face counselling.

Word count: 192