
**Topic:** How Personality Affects Severity of Diabetes-Related Illness

- A type 2 diabetic’s way of coping, thinking, and acting can directly affect his or her quality of life. More positive people have more support and an optimistic outlook, giving them, essentially, more to live for. A person with the tendency to give up easily or be more pessimistic about things will have a perceived lesser quality of life (Imayama, 552).

- This study found that, as far as personal factors: females, older persons, college graduates, those in a relationship, the more wealthy, and more physically-active persons reported being more satisfied with their life overall (Imayama, 554).

- As far as medical factors: those who use insulin, report comorbidities, and those who are overweight or obese have a lower level of satisfaction with their lives (Imayama, 554).

- As far as lifestyle factors: non-smokers and those who eat moderately healthy have the highest life satisfaction (Imayama, 554).

- Quality of life is ultimately most dependent on how the individual chooses to handle their health condition, mentally and physically. Psychological and personality factors weigh much more than health factors themselves. In other words, simply having diabetes...
doesn’t necessarily diminish one’s quality of life; the way a person responds to it is most important (Imayama, 555).

Assessment:

This source does a good job of incorporating multiple factors into one large assessment of a diabetic person’s satisfaction with life and quality of life overall. Instead of just examining one thing or another, it brings together personal, medical, and lifestyle factors to better explain how personality can essentially affect the severity of diabetic illness. For the everyday reader, the methodology can get a little confusing because of all the different numerical information.

One depends mostly on the written summaries of information because it’s easy to get lost trying to interpret the numbers. Also, it omits type 1 diabetics altogether, only focusing on type 2. Nonetheless, this source ties in with a few of the class narratives’ theme of how illness can alter identity by showing that illness magnifies the key parts of a person’s personality. If a person was generally negative even before the disease, the negativity will make the disease seem worse than it is, causing the person to become even more negative and have a lesser quality of life. This article shows that it works both ways and is a cycle: illness alters identity, but identity and personality also affect illness severity.