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## Abstract

### Purpose

The purpose of the study was to explore the motivators and barriers influencing health behavior change and perceptions of public hospital services among mothers living with cardiometabolic diseases (CMDs) in Thailand.

### Methods

A qualitative descriptive approach was employed using in-depth interviews with 30 mothers diagnosed with CMDs, including hypertension, type 2 diabetes mellitus, and cardiovascular conditions. Participants were recruited from public hospitals in Thailand between April and June 2025. Data were analyzed thematically using QCAmap software to identify recurring patterns and themes.

### Results

Five major categories of motivators emerged: concern for family and children, awareness of health risks, support from health care providers, peer and social support, and personal beliefs and self-motivation. Key barriers included time and role constraints, financial limitations, limited knowledge and misconceptions, and emotional and psychological challenges.

### Conclusions

Mothers with CMDs are motivated by family responsibility and personal health goals but face significant structural and emotional barriers. For collectivistic culture, family-centered

interventions and strengthened public health services are essential to support sustainable health behavioral change.



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## Data availability statement

The authors had complete access to the study data. This access included all data sets generated and analyzed during the research. The nature of the access extended to the raw data, statistical analyses, and any supplementary materials used in the study. In addition, the authors were able to review, manipulate, and interpret the data freely to ensure the accuracy and integrity of the research findings. The access to the data is ongoing, allowing the authors to perform additional analyses or address any queries that may arise postpublication. All data sets have been securely stored and will remain accessible for future reference and verification purposes.

## References

1. Ounjaijean S, Wongthanee A, Kulprachakarn K, et al. Higher maternal BMI early in pregnancy is associated with overweight and obesity in young adult offspring in Thailand. *BMC Public Health*. 2021;21(1):724.

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