

Awareness and Attitudes Towards Cataract, Glaucoma, and Diabetic Retinopathy among Adult Patients with Diabetes Mellitus in Saudi Arabia

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ABSTRACT

This study was conducted to evaluate the awareness of Cataract, Glaucoma, Diabetic Retinopathy, and their related factors among adult patients with Diabetes in Riyadh, Saudi Arabia. This study was conducted through an electronic self-administered questionnaire which was distributed randomly among adult patients with Diabetes Mellitus who visited Imam Mohammad Ibn Saud Islamic University Medical Centre in Riyadh, Saudi Arabia, during the 2023-2024 academic year. Awareness of cataracts among patients was low, with only 27.3% correct about the definition of cataract. The most commonly identified risk factors were DM and hypertension (72.8%). Only 25.8% knew that surgery is the best treatment method for cataracts, while 62% knew that vision could return to normal after cataract treatment. Regarding glaucoma, only 13% were aware of the correct definition, with diabetes (56%) and increased intra-ocular pressure (55.3%) as common risk factors. Poor knowledge was seen on the treatment method for glaucoma (39.5%) and whether the visual field can return to normal after glaucoma treatment (12%). For diabetic retinopathy, nearly half (47.8%) were aware of the correct definition, while about three-fourths (75%) knew that DM and HTN were risk factors. Only 38.3% believed vision could return to normal after treatment, and those undergoing regular eye exams for DM were even less (24%). Binary logistic regression analysis revealed that females were 2.16 times more likely to be knowledgeable about cataract, glaucoma, and diabetic retinopathy compared to males (CI: 1.42-3.29, $p < 0.001$). Conversely, older patients (aged >45 years), non-Saudis, individuals with a middle income level (10,001 – 15,000 SAR), and those diagnosed with type 2 diabetes mellitus showed reduced knowledge of these conditions ($p < 0.05$). This study demonstrated that patients with diabetes mellitus have low level of knowledge concerning cataract, glaucoma, and diabetic retinopathy.

Keywords: Cataract; Glaucoma; Diabetic Retinopathy; Diabetes Mellitus; Saudi Arabia

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