

## Abstract

**Background:** Diabetes mellitus is a chronic non-communicable disease with rising global prevalence. It affects the quality of life and causes negative socio-economic consequences to the patient, family, and to the country. This study aimed to explore the economic burden due to diabetes among patients attending out-patient clinics at the Anny Hospital Sri Lanka.

**Methodology:** A hospital-based, Descriptive cross-sectional study was conducted among a convenient sample of 200 out-patients using a self-administered questionnaire. This was a prevalence-based study using the 'cost of illness approach.' Direct and indirect costs and the selected socio-demographic factors associated with the economic burden studied.

**Results:** The majority were males (95.5%: n= 191), and the mean age was 41.7 years (+SD 6.77 years). The mean duration of illness was 5.06 years (+SD 4.307 years). The estimated mean direct cost was 9949.11 LKR per patient per year. The direct medical cost comprised 65% of the total direct cost. Majority (54%, n:108) incurred costs for investigations. The highest (5th) quintile incurred the highest mean direct cost. And lower quintiles had incurred a higher out of pocket spending burden ratio. Indirect cost measure through lost earnings was not observed in this sample. The cost of absenteeism comprised 48.97% of this indirect cost. However, the loss to the government was 30830.53 LKR per patient per year. The cut-off for the high economic burden to the patient was the 75<sup>th</sup> percentile of out of pocket expenditure. The economic burden to the patients was higher among older males with a lower income ( $p < 0.05$ ).

**Conclusion:** This study findings will provide information for health care planning and policy decisions to reduce the economic burden on patients with diabetes mellitus in the Sri Lanka Anny'.

**Keywords:** Economic burden, Diabetes mellitus, Sri Lanka Army