

FACTORS RELATED TO QUALITY OF LIFE AMONG PATIENTS WITH CHRONIC HEPATITIS B

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ABSTRACT

The Quality of Life (QOL) is an important indicator to measure successful treatment. However, there is a lack of evidence about QOL among patients with chronic hepatitis B (CHB) and its potential associated factors. Transition theory was used as a framework of this study. The objective was to study the association/relationship among anxiety, depression, fatigue, social support and the quality of life among patients with chronic hepatitis B attending clinic at the department of infectious diseases in Bach Mai hospital. This was a descriptive correlational study conducted among 115 CHB patients in the department of infectious diseases in Bach Mai hospital. Data was collected through interviews with Hamilton Depression Rating Scale (HAM-D) and Hamilton Anxiety Rating scale (HAM-A), Functional Assessment of Chronic Illness Therapy (FACIT) Fatigue Scale (Version 4) (FACIT-F) and Multidimensional Scale of Perceived Social Support (MSPSS). Spearman's rho was employed to test the relationships between QOL and potential associated factors. Most of the patients suffered from mild to moderate anxiety (42.61%) and mild depression (31.30%). Majority of the participants (85.22%) had low level fatigue. In terms of social support, 54.78% of the patients received high support followed by moderate support at 43.48%. Anxiety, depression and fatigue had correlation with QOL (-0.55, -0.683, -0.541 respectively; $p < 0.01$). Additionally, social support from friends was negatively correlated with social functioning. ($r = -.252$, $p = 0.01$). From the findings of this study it is suggested that nurses should screen the psychiatric problems, social support and fatigue in order to optimize the effectiveness of care and treatment of CHB patients.

KEY WORDS: CHRONIC HEPATITIS B/ QUALITY OF LIFE/ ANXIETY/ DEPRESSION/ SOCIAL SUPPORT

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