

THE RELATIONSHIP BETWEEN SELF-EFFICACY, DEPRESSION ANXIETY AND QUALITY OF LIFE IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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ABSTRACT

Chronic obstructive pulmonary disease (COPD) is a leading cause of morbidity and mortality worldwide. In Vietnam, COPD is currently the main burden for the healthcare system. There are a little available data about COPD patients in Vietnam and there are factors that effect on the quality of life (QOL) of patients with COPD. This study aimed to examine the relationship between self- efficacy, depression, anxiety and QOL in patients with COPD by using health- related quality of life model. A descriptive correlational study recruited 115 COPD patients (mean age 69.57 ± 10.89 ; 79.13% men), who had COPD diagnosis at Hai Duong General Hospital, Hai Duong, Vietnam. Data was collected by using Demographic data questionnaire, Patient health questionnaire (PHQ-9), General anxiety disorder -7 items (GDA-7) and Clinical COPD questionnaire. The correlation among study variable was analyzed by Spearman's rho. The self- efficacy and CCQ score was positively correlation at $r = 0.586$. Depression and anxiety was negatively significant correlation with CCQ score at $r = -0.279$ and -0.506 ($p < 0.01$). The result implied that patients with high level of depression and anxiety had poor quality of life. High level of self- efficacy had significant in reducing depression and anxiety. For improving QOL in COPD patients, Nurses should consider in pulmonary rehabilitation by using these variables for making better program.

KEY WORDS: CHRONIC OBSTRUCTIVE PULMONARY DISEASE/ QUALITY OF LIFE/ SELF- EFFICACY/ DEPRESSION/ ANXIETY.

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