

## عنوان مقاله:

The relationship between spiritual well-being and stress coping strategies in hemodialysis patients

## محل انتشار:

فصلنامه سلامت، معنویت و اخلاق پزشکی، دوره 3، شماره 4 (سال: 1395)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

Background and Objectives: Spiritual well-being has been recognized as an important resource to cope with illness and life stresses. The aim of this study is to determine the Spiritual well-being status as well as stress coping strategies in hemodialysis patients. Methods: This descriptive-analysis study included 95 randomly selected patients undergoing treatments with hemodialysis in hemodialysis centers of Qom hospitals. Data collection instruments were the Spiritual Well-Being Scale and Jalowiec Coping Scale Data were analyzed via SPSS 16 software, by using descriptive statistics, Pearson correlation coefficient and independent t-test. Results: The mean and standard deviation score of spiritual well-being of patients were  $91.98 \pm 15.09$  while the mean and standard deviation of existential and religious well-being were  $50.76 \pm 8.06$  and  $41.22 \pm 8.91$ , respectively. 52.6% got scores higher than the average score in spiritual well-being. The most common coping strategies in patients were Evasive and Supportant copings. Spiritual well-being and problem-oriented coping strategies had a significant positive correlation ( $r = 0.41$ ,  $p = 0.008$ ). But there was no significant relationship between spiritual well-being and emotion-focused coping strategies. Conclusion: Results showed that hemodialysis patients mostly use emotion-oriented strategies when facing disease and treatment's challenges. There was a positive relation between spiritual well-being and problem-oriented coping strategies; therefore, in order to increase levels of coping with the disease, the care plan should be written with an emphasis on patients' spiritual needs.

## کلمات کلیدی:

Compatibility, Hemodialysis, Spiritual Well-Being, Spirituality, Stress Coping

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