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خلاصه مقاله:

Background: Myocardial infarction (MI) is a life-threatening condition affecting an individual's physical and social circumstances. Life expectancy and self-efficacy are required to determine the risk of cardiac complications associated with this disease. This study examined the effect of family-centered intervention via short message service (SMS) on patients with acute MI's life expectancy and self-efficacy in medication regimens.Methods: This study was a randomized, single-blind clinical trial. In ۲۰۱۸, ۸۰ patients hospitalized with acute MI at educational centers affiliated with Shahrekord University were randomly assigned to the control and experimental groups. Routine intervention was performed in the control group. The experimental group was sent four educational text messages weekly for three months. Both groups' life expectancy and belief in their ability to adhere to their prescribed medication regimen were evaluated before and after the intervention. The data were analyzed using descriptive statistics, independent t, paired t, and chi-square tests via SPSS software. Results: The results showed that the mean difference score of total life expectancy change was significantly different between the experimental (۱۲.۲۳± ۱۰.۴۸) and the control group (۰.۰۶±۷.۱۶) (p < ۰.۰۰۱). The mean difference score of self-efficacy in the experimental group (۲۱.۹۴±۱۲.۷۶) was significantly higher than that in the control group (۴.۶۶±۹.۴۹) (P<۰.۰۰۱). Conclusions: In patients with acute MI, using a text message intervention improved life expectancy and self-efficacy regarding medication regimens. Therefore, this intervention can be used as a low-cost and readily accessible tool to improve these patients' self-efficacy and life expectancy.

کلمات کلیدی:

Myocardial Infarction, Self-Efficacy, Life Expectancy, Short message service