



FEELING OF CONTROL OVER THE ILLNESS AND POSSIBLE HEALTH BENEFITS IN CARDIAC SURGERY PATIENTS

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Background:

The level of feeling of control over a certain health condition is an important factor in determining to what extent that condition will be considered stressful or not. Prolonged distress can disturb the bodily metabolism and consequently a stress-related disease can develop thus having a negative impact over the overall health.

Purpose:

This survey examined the relationship between the feeling of control and some other aspects of an illness perception.

Materials and methods:

The Brief Illness Perception Questionnaire was completed with 79 patients indicated for Coronary artery bypass grafting (CABG) one day prior to their operation. It was fulfilled by the researchers while conducting short interview with the patients. The results were obtained using the Pearson correlation.

Results:

The feeling of control over the illness has positive correlation with the level of understanding the illness ($p < 0.05$) and negative correlation with the severity of the symptoms ($p < 0.01$), effect on life and emotions ($p < 0.01$), duration of the illness ($p < 0.01$) and the concern about the illness ($p < 0.05$). No significant correlation was found with the belief that treatment can help the illness.

Conclusion:

Strengthening the feeling of control in the patients prior to bypass surgery can have positive benefits. It can stimulate the patients' optimistic prospective view about their disease; better understand the health condition as well as improve their quality of life and emotional well-being. Psychoeducation and psychotherapy are effective interventions which can help the patients experience the condition less stressful leading to better health outcome.

Key words: feeling of control, CABG, health benefits,

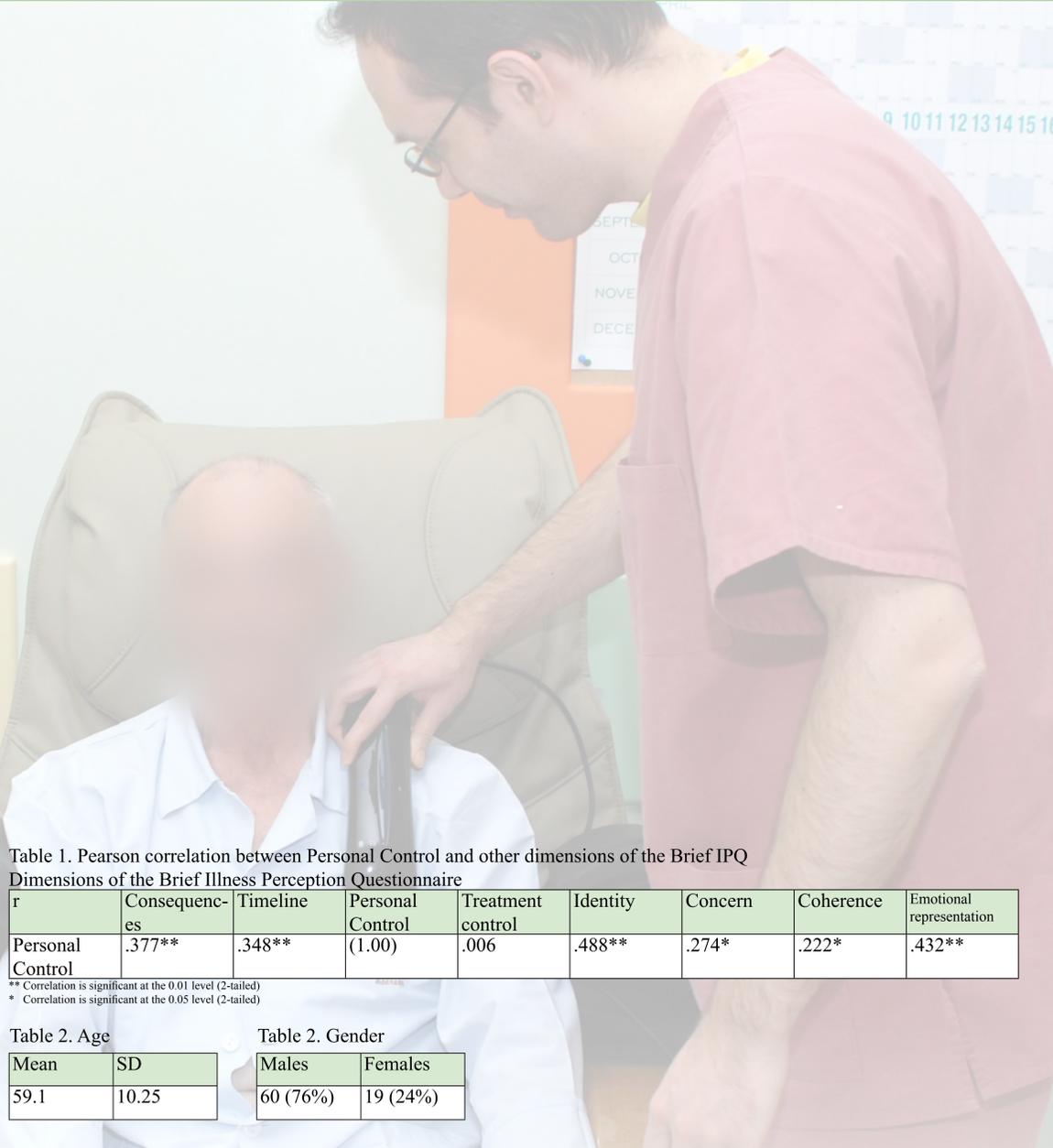


Table 1. Pearson correlation between Personal Control and other dimensions of the Brief IPQ Dimensions of the Brief Illness Perception Questionnaire

r	Consequences	Timeline	Personal Control	Treatment control	Identity	Concern	Coherence	Emotional representation
Personal Control	.377**	.348**	(1.00)	.006	.488**	.274*	.222*	.432**

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

Table 2. Age

Mean	SD
59.1	10.25

Table 2. Gender

Males	Females
60 (76%)	19 (24%)

