

# "Patients with Heart Failure: The Relationship between Perceived Control and Quality of Life"

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## ABSTRACT

**Background:** Heart failure (HF) can influence all aspects of patients' health despite the improvement in its treatment. Different factors might affect the quality of life for patients with heart failure. These factors might include but are not limited to age, gender, ejection fraction, culture, social support, and perceived control. Limited studies have checked the effect of perceived control on quality of life (QoL) among patients with heart failure especially in developing countries.

**Purpose:** The purpose of this study was to check the effect of perceived control on quality of life among patients with heart failure in Jordan.

**Methods:** A cross-sectional correlation design was used to meet the objective of this study. A total of 220 patients with a confirmed diagnosis of heart failure were recruited from outpatient clinics of five hospitals in Jordan. Data was collected through the 36-Item Short Form Survey (SF36) for quality of life and the Control Attitudes Scale Revised for the perceived control. Relationship between perceived control and quality of life was analyzed by multiple regressions.

**Result:** The sample included 127 (57.70%) men and 93(42.30%) women with a mean age of 53.24±8.92 years. The duration of HF diagnosis ranged from 1-15 years, with a mean of 3.11±2.34 years. The mean of perceived control was 26.9±4.42. Patients reported poor quality of life in role physical, general health, and vitality domains of SF36, in addition to physical component summary, indicating poor QoL. In multiple regression, higher levels of Left Ventricular Ejection Fraction (LVEF), and perceived control improved the level of physical component summary, while higher NYHA class, longer duration of HF diagnosis, and history of hypertension decreased the level of physical component summary. The model explained 10.4 % of the total variance. Similarly, higher levels of LVEF, and perceived control improved the level of mental component summary, while higher NYHA class decreased the level of mental component summary. The model explained 7.2% of the total variance.

**Conclusion:** Jordanian patients with HF reported poor QoL and relatively high levels of perceived control which improves the quality of life. Interventions improving perceived control in those patients might enhance the quality of life, and decrease mortality and morbidity.

**Keywords:** Heart Failure, Quality of Life, Perceived Control, and Jordan.