

PSYCHOLOGICAL DISTRESS, SOCIAL SUPPORT, BURN-RELATED QUALITY OF LIFE IN CHRONIC BURN SURVIVORS: THE ROLE OF TRAIT MINDFULNESS

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ABSTRACT

Burn can cause damage to the body, skin, and other organs. It is associated with psychological distress, anxiety, and depression. Social support and mindfulness could be helpful in those survivors post burn injury to deal with others.

To examine the relationship between psychological distress and social support and quality of life in chronic Jordanian burn survivors and to determine the effect of mindfulness on psychological distress and quality of life among chronic Jordanian burn patients.

A descriptive correlational design was used to answer the research questions. A convenience sample of 212 participants took part in the study. Participants completed measures regarding psychological distress, social support, mindfulness, and burn-related QOL.

There was a significant relationship between social support, psychological distress, and QOL among the Jordanian burn survivors. In addition, some demographic and clinical variables were associated with psychological distress and QOL. Mindfulness had explained a

distinctive variance in psychological distress and burn-related QOL among the study participants.

This study identified the role of various factors in psychological well-being and burn related QOL among burn survivors. Mindfulness could have an important role in improving psychological well-being and burn related QOL among burn survivors.