

Psychosocial Distress and Polypharmacy among Jordanian Hemodialysis Patients: The Role of Trait Mindfulness

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Abstract

Aim: Examining the role of trait mindfulness in psychosocial distress among Jordanian Hemodialysis patients. In addition, the study aims to identify the role of polypharmacy in increasing the frequency of hospital admissions among the study participants.

Methods: A cross-sectional descriptive correlational design was employed. Data was collected from 221 Jordanian HD patients. Participants completed measures regarding psychological distress, social support, mindfulness, and polypharmacy.

Results: participants were found to suffer from moderate levels of psychological distress. Psychological distress was associated with various demographic and clinical variables. Mindfulness accounted for 2.6% additional variance above and beyond the 18 % accounted for by these variables. Taking 11 medications or more was associated with more likelihood of re-hospitalization among the study participants.

Conclusion: Mindfulness could be helpful to reduce the psychological distress of HD patients. There is a need to address the health care needs of HD patients who take many medications.

Keywords: Hemodialysis patients; Jordan; Mindfulness; Polypharmacy; Psychological distress; Social support.