Self-efficacy and Self-care Behaviors among Patients with Coronary Artery Disease in Jordan

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Abstract
This study purposed to assess the self-efficacy and self-care behaviors among patients with coronary artery disease in Jordan. A cross-sectional, descriptive correlational design was used to recruit 500 patients attending the cardiac outpatients’ clinics in hospitals in different health sectors. Findings showed that the median of cardiac self-efficacy scales (patient-physician interaction scale (PEPPI-5), self-efficacy for managing chronic disease 6-item scale (SEMCD-6), and Sullivan’s cardiac self-efficacy scale (SCSES)) were 20.00, 39.00, and 39.00, respectively. The participants’ mean of the self-care behaviors was M=2.95 (SD=0.47). The PEPPI-5 demonstrated a positive correlation with social support ($r_{498} = 0.240, p < 0.001$) and a negative correlation with educational level ($p.b.r_{498} = -0.130, p < 0.001$). SEMCD-6 had a negative correlation with depression ($r_{498} = -0.169, p < 0.001$), anxiety ($r_{498} = -0.136, p < 0.05$), and stress ($r_{498} = -0.129, p < 0.001$), and positive relationship with social support ($r_{498} = 0.224, p < 0.001$). SCSES had a negative correlation with depression ($r_{498} = -0.096, p < 0.05$), anxiety, stress ($r_{498} = -0.091, p < 0.05$), and marital status ($p.b.r_{498} = -0.097, p < 0.05$). Also, SCSES had a positive correlation with social support ($r_{498} = 0.267, p < 0.001$) and educational level ($p.b.r_{498} = 0.091, p < 0.05$). Self-care behaviors had a significant a positive relationship with age ($r_{498} =
0.178, \( p < 0.001 \), duration of disease (\( r_{(498)} = 0.108, p < 0.05 \)), and marital status (\( p.b.r_{(498)} = 0.094, p < 0.05 \)), while a negative relationship with anxiety (\( r_{(498)} = -0.111, p < 0.05 \)). There was a significant effect of PEPPI-5, SEMCD-6, and SCSES on self-care behaviors (\( B = 0.168, p < 0.001 \)), (\( B = 0.037, p < 0.001 \)), (\( B = 0.100, p < 0.001 \)). Thus, more attention should be paid to correlating factors and working on eliminating the effects of these factors to help improve self-efficacy, which has the greatest influence on enhancing self-care behaviors.

**Keywords:** Coronary artery disease, psychosocial factors, self-efficacy, self-care behaviors, demographic data