

How do coping strategies, social support and mindfulness improve psychological well-being and death anxiety of Tuberculosis patients

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Al-Zaytoonah University of Jordan, 2023

Abstract

Tuberculosis sufferers encounter social, psychological distress and death anxiety. This study aimed to clarify the association between coping strategies, social support, and mindfulness with psychological well-being and death anxiety among Jordanian TB patients. A cross-sectional design was used, where 120 TB patients were enrolled conveniently. Findings revealed the mean score of coping strategies, social support, mindfulness, psychological well-being and death anxiety were as follow: 15.11 (SD= 3.21), 5.31 (SD=2.13), 71.4 (SD= 5.88), 24.49 (SD= 7.014), 45.29 (SD= 6.87). A significant negative relationship between the way of coping and social support ($r = - 0.241$; $p < 0.01$) was found. Additionally, mindfulness was significantly associated with psychological well-being ($r = - 0.227$, $p < 0.05$) and death anxiety ($r = 0.211$, $p < 0.05$). Ways of coping, social support,

attention awareness, death anxiety, illness duration, type of TB, and comorbidities were significant predictors of psychological wellbeing and death anxiety.

Keywords: Psychological distress; coping strategies; social support; mindfulness; death anxiety.