

**Psychological Wellbeing, Spiritual Wellbeing, and Health-related Quality of Life among Patients with Coronary Artery Disease in Jordan**

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**Abstract**

Cardiovascular diseases are one of the most public health problems around the world and one of these is coronary artery disease. Psychological wellbeing and spiritual wellbeing affected the health-related quality of life of patients diagnosed with coronary artery disease. There is a lack of studies regarding these factors among those specific patients in Arab countries, including Jordan. Thus, this study aimed to examine the relationship between psychological wellbeing, spiritual wellbeing, and the health-related quality of life among patients with coronary artery disease. A cross-sectional, descriptive correlational design was adopted. A convenience sampling method was adopted and data were collected from 401 patients diagnosed with coronary artery disease from outpatient clinics in governmental, private, and educational health sectors from June 2022 to September 2022. Findings demonstrated that participants reported low and moderate levels of psychological and spiritual wellbeing ( $M=4.00$ ,  $SD=0.88$ ;  $M=65.66$ ,  $SD=15.05$ ), respectively. While they

had high health-related quality of life scores with a mean of 12.64 (SD=2.22). A significant positive correlation was demonstrated between health-related quality of life and income, educational level, psychological wellbeing, and spiritual wellbeing. Income, psychological wellbeing, and spiritual wellbeing were the main predictors for health-related quality of life. Thus, this study could help policymakers, hospital administrators, and healthcare professionals develop proper strategies and programs to promote psychological and spiritual wellbeing, which influence patients' treatment outcomes and increase their health-related quality of life.

**Keywords:** Coronary artery disease, Demographic characteristics, Health-related quality of life, Psychological wellbeing, Spiritual wellbeing