

Mindfulness and its Effect on the Quality of life among Tuberculosis patients in Jordan

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Abstract

Tuberculosis (TB) is one of the most severe infectious diseases of the twentieth century, affecting all body organs, but most commonly, the lungs. It is associated with resuming everyday social life and feeling stressed, is there a relationship and effect between to be mindfulness and quality of Life (QOL) in patients with tuberculosis. This study aimed to examine the relationship between mindfulness and quality of life among patients with tuberculosis in Jordan and to identify mindfulness and its effect on the quality of life among those patients. A descriptive correlational design was used in this thesis. The sample included all patients with tuberculosis in Jordan of various nationalities. A convenience sample of 100 adult patients with tuberculosis was used. The findings showed a mindfulness and quality of life levels among patients with TB showed that the overall world health

organization quality of life was high ($M=4.22$, $SD = 0.27$). In addition, the results showed that the overall mean for mindfulness was high ($M= 5.25$, $SD =0.27$). Indicated no statistically significant difference in the levels of quality of life in patients with TB according to demographic and clinical variable. The results demonstrated that there was a weak non-significant positive correlation between total score of mindfulness and total score of quality of life. But demonstrated a positive significant relationship between total mindfulness score and psychological quality of life.

Keywords: tuberculosis, mindfulness, quality of life