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 the 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.