

The Roll of Social Support on Specific Quality of Life in Patients with Angina Pectoris

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Abstract

Background: Patients with angina pectoris have poor quality of life. This study was done to detect the social support effect on quality of life in patients with angina pectoris symptoms. **Materials and Methods:** In this comparative descriptive analytical study, 106 patients with angina pectoris were studied; 48 patients with low level and 58 patients with high level social support. Gathering data was done by the Iranian version of Seattle angina questionnaire, social support questionnaire and social readjustment rating scale. **Results:** Findings showed the mean score of Seattle angina questionnaire was 50.32 ± 17.65 and for social support was 50.32 ± 18.3 . The majority of samples had desired score for perceived stress over the past year. Multiple liner regression showed any one of items could not predict quality of life in high level social support patients, but this model showed in patients with low and high social support only perceived stress is predictor of quality of life. **Conclusion:** It is obvious stress can effect on all aspect of life and decrease quality of life in each person especially in patients with coronary artery disease.

Keywords: Social support; Quality of life; Angina pectoris; Patients

Introduction

Coronary artery disease is the most common cardiac disease and a cause of death in the entire world. ^[1,2] This disease is a one of the most expensive disease in the world. ^[3] American Heart Association (AHA) says one of each 3 American will catch coronary artery disease to 2020 ^[4] and based on published reports of Iranian health ministry, 93.3% of all death in Iran is related to CAD. ^[1] Angina pectoris is a common symptom of coronary artery disease ^[5,6] that was shown by sense of pain in thoracic cage. ^[7] The ability to perform Activity of Daily Living (ADL) in patients with angina decreases while fear and anxiety increase. ^[5] These patients disability can effect on their quality of life. ^[5,6,8,9] Based on findings from some studies, patients with angina pectoris experience physical, emotional and social disability in their life. ^[10-13] This point emphasizes on social support importance for these patients, ^[14,15] because sufficient social support for these patients can effect on their ability and quality of life. ^[16] In other words, inadequate social support can reduce the quality of life and the well-being of these patients. ^[17] Reducing the quality of life and feeling the health of the patient exacerbate the signs and symptoms of coronary artery disease and consequently the number of hospital admissions in the treatment centers increases. ^[18] Different studies showed different variables related to quality of life in these patients. ^[12,18-20] Social support is a one of these factors. ^[20,21] Because the social support provided to patients with chronic diseases varies from country to country, it is necessary to examine the status of social protection for these patients in different cultures and countries and their impact on quality of life.

Objectives

This study was done to detect the social support effect on quality of life in patients with angina pectoris symptom.

Materials and Methods

In this comparative descriptive analytical study, the quality of life of patients with angina pectoris has been studied in two groups of patients with high and low social support. Randomized sampling was done based on random numbers table. The first patients with angina pectoris was entered in study and with K interval, other patient was entered based on inclusion criteria. Sample size for each group (with low and high level of social support) was calculated by results of Bucholz study ^[16] and by 80% power of test and $p < 0.05$ (standard deviation of quality of life score in 2 group were 12.3 and 12.1). By the way at least 48 sample was detected in each group. The criteria for entry into the research include the ability to speak Persian, having angina pectoris symptoms and symptoms at least a month ago, having no history of psychiatric disorders, and satisfaction to participate in the research.

106 patients with angina pectoris were entered in study, 48

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How to Cite this Article: Rouhi-Balasi L, et al. The Roll of Social Support on Specific Quality of Life in Patients with Angina Pectoris. *Ann Med Health Sci Res.* 2018;8:44-47

Table 2: The status of quality of life, perceived stress events in two group.

Groups	Variables	Low level of social support	Low level of social support	Test results
Quality of Life		50.09 ± 18.85	50.56 ± 16.86	T-test P<0.908
Perceived stress events	First level	29 (60.4%)	46 (79.3%)	χ ² P<0.032
	Second level	16 (33.3%)	12 (20.7%)	
	Third level	3 (6.3%)	0	

Table 3: Regression coefficients of factors associated with quality of life in the patients with low social support based on multiple logistic model.

Related factors of quality of life	β	SE	P value	(odd ratio)	Confidence interval <Mean	int erval >Mean
(Constant)	48.867	16.720	0.006		14.989	82.744
sex	-4.526	5.347	0.403	-0.150	-15.359	6.308
History of high blood pressure disease	5.938	5.260	0.266	0.200	-4.720	16.596
History of DM	3.241	4.515	0.477	0.110	-5.908	12.389
History of other context disease	-4.325	4.739	0.367	-0.145	-13.927	5.277
History of angioplasty	4.858	4.836	0.322	0.169	-4.940	14.656
Duration of angina	3.468	2.221	0.127	0.224	-1.032	7.968
Perceived stress events	-4.161	5.373	0.444	-0.121	-15.047	6.726
Ejection fraction	-0.212	0.188	0.268	-0.178	-5.93	.170

Table 4: Multiple liner regression model in patient with low and high social support.

Related factors	β	SE	P value	(odd ratio)	Confidence interval <Mean	Confidence interval >Mean
(Constant)	36.164	12.178	0.004		11.904	60.424
sex	-4.391	3.800	0.252	-0.138	-11.961	3.180
History of DM	4.488	3.172	0.161	0.147	-1.831	10.806
Marital status	-.135	4.543	0.976	-0.003	-9.185	8.915
Education level	3.772	2.319	0.108	0.186	-0.847	8.392
Living status	3.624	2.067	0.084	0.185	-0.494	7.743
Perceived stress events	-7.968	3.138	0.013	-0.273	-14.219	-1.717

Discussion

Based on the findings of this study quality of life in 2 groups with low and high social support did not have significant difference. This finding is not similar to finding of Heidari et al.'s study.^[22] It seems weight of social support is not enough to support patients with angina pectoris and the level of social support has not been predictive of quality of life, either in a group that has a high level or who has a low level of living. It should be noted that Heidari et al.'s study on determining the relationship between quality of life and social support in cancer patients has been carried out. Considering the difference in the community, we may find different findings in our study and Heidari's study.^[22] Social support is a general term and consists of multiple factors. In different countries based on socioeconomic status, there are different viewpoints about social support and volume of support services is different based on this viewpoint. Thus the meaning of social support may different in different society. Social support is dependent to cultural situation and the level of relationship between people in different culture is different. It seems we need to plan a specific social support tool for each culture and our questionnaire cannot show exactly patients social support exactly. In our study, we used a questionnaire to detect social support that made in other country and many of its items may not applicable in our country, or maybe it needs to revise based on our culture. It should also be noted that understanding social

protection varies from person to person and is a very subjective phenomenon. The lack of relevance to the quality of life in the present research may be due to a different understanding of individuals from the precise meaning of social support. We chose our samples by randomized sampling method, though it seems repetition of this study with another tools can show effect of social support on quality of life in patient with cardiac symptom. The answer to the questions may not be appropriate at the patient's bedside and the patient has not been adequately focused and this has affected the responses.

Other findings showed in patients with high social support only sex had significant effect on quality of life and the score of quality of life in men was higher than women. In Heshmati and Kristofferzon study, findings showed men had better quality of life score than women.^[23,24] In this study, we asked the patients how much support they had get from others and men's jobs and social situation may influence on this finding. They have greater communication and it may cause their better score of quality of life and social support. The majority of our female patients didn't have any job and it may effect on our findings.

Conclusion

We found only perceived stress influenced on quality of life score, after assessing quality of life score in each low and high social support. It is obvious stress can effect on all aspect of life

and decrease quality of life in each person especially in patients with coronary artery disease. Our findings are similar to Nohi study that showed stress influenced on quality of life in patients with coronary artery disease.^[25]

We did not have a psychometric social support questionnaire that conforms to Iranian culture, thus a foreign tool was used. This questionnaire can effect on our findings. We think in conditions that social support is not enough, care delivery team and rehabilitation system can help to patients to achieve support in better manner.

Acknowledgments

Researchers offer their thanks to social determinants of health research center (SDHRC) in Guilan University of Medical Sciences for supporting of this research.

Conflict of Interest

All authors disclose that there was no conflict of interest.

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