Investigating effect of correcting illness perception on adherence to therapeutic regimen and quality of life in patients with Acute Coronary Syndrome

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Abstract

**Background & Objective:** illness perceptions are associated with coronary artery disease’s poor outcomes. This study was designed to examine whether an intervention targeted correcting patients’ illness perceptions about their acute coronary syndrome (ACS) would result in a better adherence to therapeutic regimen and quality of life.

**Methods:** In a quasi-experimental study, 75 patients with ACS were non-randomly assigned to receive an in-hospital intervention designed to correct their perceptions about their illness and telephone follow-up over 12 weeks (n=38) or usual care from nurses (n=37). Data were collected in hospital before the intervention and at 3, 12 weeks after discharge from hospital. Illness perceptions, Mac New quality of life and adherence to therapeutic regimen questionnaires were used. Chi2, Independent T-Test and Repeated ANOVA were used to analysis data using SPSS v.16 software.

**Results:** The intervention caused significant positive changes in patients’ adherence to diet, exercise and medication regimen and quality of life outcomes. There were differences in quality of life ($p<0.0001$) and adherence to therapeutic regimen ($p<0.0001$) between two groups 3 weeks after discharge. At the 12-weeks, patients in the intervention group reported a significantly higher scores of adherence to therapeutic regimen than control subjects ($p<0.0001$), also, There was significant difference in quality of life between the two groups ($p<0.0001$).

**Conclusions:** An in-hospital intervention along with telephone follow-up designed to correct patients’ illness perceptions increase adherence to therapeutic regimen and improved quality of life outcome after ACS.

**Key words:** illness perceptions, adherence, quality of life, acute coronary syndrome.