A survey of relationship between self-efficacy and quality of life in stoma patients referred to selected educational centers of Tehran University of Medical Sciences and Iranian Ostomy Association, 1389.

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**Background & Aim:** Equal to length of life, its width or its quality is also very important. Ostomy and its underlying disease can significantly diminish patient’s quality of life. Self-efficacy (SE), which is a person’s belief in his or her ability to perform specific behavior in specific circumstances, is an effective factor to promote quality of life. Accordingly the aim of this study was to assess the relationship between self-efficacy and quality of life in stoma patients.

**Method:** This research was a correlational, cross-sectional study. Which in it eighty four patients with ostomy who referred to selected educational centers of Tehran University of Medical Sciences and Iranian Ostomy Association (IOA) were selected through convenience sampling. The data were collected using City of Hope Quality of Life–Ostomy Questionnaire (COH-QOL) and Stoma Self-efficacy Scale (Stoma SE Scale). Data were analyzed by SPSS 15 using descriptive statistics, independent t-test, ANOVA, Kruskalwallis, Pearson’s correlation coefficient and regression analysis.

**Results:** Most patients (59.5%) had high self-efficacy (Score higher than 56) in subscale of stoma care but in social self-efficacy subscale; the most patients (48.8%) was less than 42. The mean range of quality of life scores in different domains varied from 6±2 for social dimention to 7±1.5 for physical dimention. patient’s self-efficacy had the highest correlation with stoma status (being permanent or temporary), (β=0.387, P=0.000). Patients with a permanent ostomy had higher self-efficacy. More over, relationship between self-efficacy and marital status and stoma duration was significant. There was a significant relationship between quality of life and age, stoma status and duration of ostomy. Among these, age had the most correlation with quality of life (β=0.262, P=0.015) and with increase patients age, their quality of life promote too. In this study, a Significant positive correlation were observed between self-efficacy and physical (P=0.00, r=0.485) psychological (P=0.00, r=0.655) social (P=0.000, r=0.694) and spiritual (P=0.00, r=0.393) dimention and also with overall quality of life (P=0.00, r=0.687). Also the highest correlation was observed between quality of life and social self-efficacy subscale (β=0.695, P=0.000).

**Conclusion:** The results indicated that stoma patient’s self-efficacy is significantly related to all dimentions of their quality of life. Also this study provided useful information about self-efficacy and quality of life and their related factors in stoma patients. This information can be used to design and perform appropriate nursing interventions to promote self-efficacy and quality of life of these patients.

**Key words:** Self-efficacy, Quality of life, Stoma patients, Ostomy.