



Tehran University of Medical Science

International Campus

Nursing and Midwifery School

M.Sc. Thesis

**Assessing the Relationship between Self-Efficacy and Quality of Life
among Patients with Heart Failure in Misan Center for Cardiac Diseases
and Surgery of Iraq: From 2023 to 2024.**

**A thesis submitted as partial fulfillment of the requirement for a
Master of Science (MSc) Degree**

In

Medical-Surgical Nursing.

By

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Abstract

Background: Heart failure is the leading cause of death in the world and has a more negative impact on quality of life than other chronic illnesses. However, self-efficacy is important as a potential factor in changing the quality of life. This study aimed to determine the relationship between cardiac self-efficacy and health-related quality of life in heart failure patients in Iraq.

Methods: This descriptive correlational study was performed on 226 patients with heart failure at the Misan Center for Cardiac Diseases and Surgery in Iraq between October and December of 2023. A convenience sampling method was used to select eligible participants. Patients over 40 years old who have been diagnosed with heart failure were recruited. Exclusion criteria included patients who refused to participate in the study or did not complete more than 20% of the questionnaire. The data-gathering tools contained a demographic characteristics questionnaire, a chronic heart failure health-related quality of life questionnaire, and a cardiac self-efficacy questionnaire. The data collection process began after getting the approval letter from the Ethical Research Committee at the Tehran University of Medical Sciences (IR.TUMS.FNM.REC.1402.113) and the Misan Center for Cardiac Diseases and Surgery. After obtaining informed consent, the participants completed the relevant questionnaires. Data were analyzed using SPSS software version 20. In addition, the reliability of the cardiac self-efficacy and chronic heart failure health-related quality of life questionnaire was (0.949 and 0.953 respectively) by Alpha (Cronbach).

Results: Regarding the assessment of cardiac self-efficacy and quality of life, the mean scores were found to be at a moderate level, with 3.08 ± 0.91 and 3.06 ± 1.10 , respectively. The analysis further revealed a highly significant relationship between various socio-demographic factors and both patients' self-efficacy and quality of life ($P < 0.01$). Notably, the patients' address and duration of having the disease were the only variables that did not exhibit a significant relationship with these outcomes ($P > 0.01$).

Conclusion: The results reveal a significant relationship between self-efficacy and quality of life in heart failure patients. These findings need to develop and implement focused intervention strategies in future studies. These strategies should bolster self-efficacy within this population while concurrently enhancing their quality of life and improving heart failure patients' health outcomes.

Keywords: Self-Efficacy, Quality of Life, Heart Failure, Iraq.