

**In the name
of
God**

**Correlation between self-
concept and health
status aspects in
hemodialysis patients at
selected hospitals
affiliated to Shaheed
Beheshti**

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- ***Background and Purpose***
- **Chronic renal failure (CRF) is an overwhelming disorder affecting on physical, psychological and socioeconomic aspects of patients. Restoring health is a primary therapeutic goal for them and all interventions are directed toward improving their quality of life (QOL)**

- **The concept of health is unique for every one and each individual considers it with respect to his/her own criteria. This concept is influenced by different physical, mental and social factors. Therefore, in assessing health condition, patients' attitudes toward himself should be put into consideration. This attitude is a psychological, social and nursing concept called self-concept.**

Method and material

This correlational descriptive study was conducted to determine the correlation between self-concept quality and aspects of health status in hemodialysis patients referring to hospitals affiliated to Shaheed Beheshti University of Medical Sciences.

■ **Materials and Methods**
(Continue)

- 153 patients between 15 and 65 were selected by purposive sampling method. They had no history of kidney transplantation with continuous hemodialysis three times a week for at least one year. They were physically able to answer the questions, literate and fluent in Farsi language.
- A questionnaire in three parts was used for data collection.

■ *Materials and Methods* *(continue)*

- The first part included demographic questions.
- The second part contained self-concept questions regarding hemodialysis patients' physical and psychological problems, self-concept as a nursing concept, and self-concept as well as self-esteem in hemodialysis patients.
- The third part of the questionnaire included health status questions regarding hemodialysis patients' physical, psychological and social problems.

Results:

Findings also showed that the physical aspect had the lowest mean score (35.8%) in health status. Psychological (36.9%), economic (43.1%), social (47.2%) and medical (54%) aspects were ranked successively after it.

Most subjects (46.4%) had a weak score in health status and only 6.5% as well as 1.3% of them obtained high and very high scores respectively. Mean percentage of health status scores was 42.19% (SD=12.04).

Results (Continue):

The majority of subjects had neutral (45.8%) and negative (41.8%) self-concept and only 8.5% had positive self-concept. None of the patients had completely positive self-concept.

- A significant relation was found between self-concept and physical, psychological, social as well as economic aspects of health status and it had more correlation with physical and psychological aspects.

Results (Continue):

- **No significant relation** was found between self-concept and medical aspects. As a whole, self-concept had a strong correlation ($r=0.73$) with general health status ($P<0.01$).
- **A significant relation was found** between health status and marital status, educational level, occupation, employment and income.

Discussion and Conclusion

The correlation between self-concept and health status shows that patients' attitudes toward themselves affect on their image from being healthy and running a productive and fruitful life.

Thus, in addition to physical disorders resulted from CRF and hemodialysis, mental and social condition of patients can affect on their motivation and life expectancy.

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Thank You

Any Questions?