Abstract: P427

Self-efficacy, burden, anxiety and depression in caregivers of heart failure and chronic obstructive pulmonary disease patients

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Topic(s):
Chronic Heart Failure – Prevention

Citation:

Introduction: Heart failure (HF) is a frequent chronic affection associated with Chronic Obstructive Pulmonary Disease (COPD) in approximately 20.9% of the cases. The patients with both conditions have multiple symptoms and limitations, so they need a caregiver. Generally, caregivers do not receive preparation or support, so their perception of self-efficacy is affected and they frequently present psychological effects, affecting both caregiver and patient. Nevertheless, the relationship between self-efficacy, caregiver burden, anxiety, and depression has been rarely explored, even when they're frequent conditions. Purpose: To explore if there is a relationship between self-efficacy, caregiver burden, anxiety and depression in caregivers of patients with HF and COPD. Method: Transversal study in 57 caregivers of patients with COPD and HF. The assessment was made with Beck Depression Inventory, Beck Anxiety Inventory, Zarit Burden Interview, and the Perceived Self-efficacy Scale for Informal Caregivers of Chronically Ill; in all the scales higher score equals to higher presence of the variable. According to the level of self-efficacy, participants were classified into three groups: low (G1, n=19, 55.21 ± 11.11 years, 68.4% women), moderate (G2, n=21, 56.33 ± 12.19 years, 85.7% women), and high (G3, n=17, 54.88 ± 15.12 years, 58.8% women). ANOVA analyze was utilized to determine the differences between groups, and Pearson correlation analyze was utilized for the association between quantitative variables, on SPSS V25 software. Results: The caregivers presented multiple psychological affectations: 35.1% depression, 63.4% anxiety and 39.6% caregiver burden. There was significant differences between groups (G1/G2/G3) for depression scores (10.88±9.93 / 8.86±6.45 / 4.35±4.01) [F(2,54)=3.55, p<0.05], caregiver burden (32.74±15.96 / 18.24±9.93 / 18.41±10.38) [F(2,54)=8.85, p<0.01] and anxiety (15.26±11.74 / 8.67±5.54 / 3.24±3.56) [F (2, 54) = 10.70, p<0.01]. Significant correlations were found between self-efficacy with caregiver burden (r=.39; p<0.01), and anxiety (r=.39; p<0.01). Conclusion: Caregivers with mayor perception of self-efficacy show low levels of anxiety, depression, and caregiver burden, in comparison with informal caregivers with reduced self-efficacy. Thus, it's important to give the necessary tools to caregivers to fulfill their role, increase their self-efficacy, prevent the onset of own diseases and promote a better quality of care.