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***“LIVING A HEALTHY LIFE”***

**AN EVALUATION OF  
A SELF-MANAGEMENT FOR CHRONIC  
CONDITIONS COURSE**

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A thesis presented in partial fulfilment of the requirements for the degree of  
Master of Science  
(Health Psychology)  
at  
Massey University

Charlene Pretorius  
2004

## Abstract

Chronic disease management is a major challenge for health care systems in the developed world. Self-management has the ability to help improve health status, health behaviours and reduce health care utilisation for people with chronic disease. In this exploratory before-after cohort study, questionnaires were distributed to people with chronic disease attending a self-management course offered by Arthritis New Zealand. Ninety-four people at baseline, and at six months, 67 people, completed eight health status, four health behaviour, one self-efficacy, and six health care utilisation measures. The 67 participants at six months also completed seven course evaluation measures in addition to course delivery, social support, course barrier and course attendance measures. The relationship at onset between self-efficacy and health status was analysed using a stepwise regression. Self-efficacy, which accounted for 27% of variance, was significantly related to health distress and to the energy levels of participants. To determine the relationship between self-efficacy and self-management behaviours at baseline, standard multiple regressions were run. Self-efficacy was unrelated to the self-management behaviours of the participants at the course onset. To analyse the mediation effect of self-efficacy on health status a stepwise regression was run, while holding self-efficacy constant. Self-efficacy at six months explained 42% of the variance in baseline self-efficacy, after controlling for baseline self-efficacy in the second model, self-efficacy at six months was significantly related to perceived illness intrusiveness and accounted for an additional 58% of the variance. Two hierarchical stepwise-regressions assessed the mediation effect of self-efficacy on self-management behaviours. Self-efficacy at six months accounted for no additional variance in the participants' self-management skills. Paired t-tests and Wilcoxon matched-pairs signed ranks measured changes in health status, self-efficacy, health behaviours and health care utilisation. No significant improvements occurred in health status. Significant improvements occurred in four health outcomes. Independent t-tests and the Mann-Whitney tests identified significant differences between gender, age and location with health status, health behaviour and health care utilisation outcomes at baseline and at six months. The process evaluation of the course showed general satisfaction. Explanations for the results are offered, limitations of the study are highlighted, and suggestions for future chronic disease self-management research are proposed.

## Acknowledgements

I would like to acknowledge and thank key people whose support, encouragement and help enabled me to complete this research project.

Firstly, a big thank you to Dr. Christine Stephens, my supervisor of Massey University (Palmerston North) for her encouragement, advice, and guidance throughout this study.

A sincere thank you to those people in both the North and South Islands of New Zealand, whose contribution to this study enabled me to carry out the research.

My appreciation and gratitude to Arthritis NZ, particularly Ms. Susan Sutcliffe who sanctioned the study, and Ms. Pam Antill for meeting with me on several occasions to discuss various aspects of the project. I acknowledge all the leaders and volunteers of Arthritis NZ who gave of their valuable time to distribute the baseline questionnaires.

A special thank you to Prof. Kate Lorig who provided me with the initial draft questionnaire, developed at Stanford University, and who later fielded some of my queries.

Many thanks to Dr. John Wellingham for reading my interpretation of the Chronic Care Model and the recent trends in chronic disease management in New Zealand.

My appreciation and thanks to Ms. Anne Rimmer for proof-reading the thesis.

Thank you to my wonderful friends and family for their love and support, especially Lisa Spear, my step-daughter, for many cups of tea and reading the final draft.

Special thanks to my mom, Wilma Bekker who always believed in me and who has experienced the full brunt of chronic disease.

Finally, a huge thank you to my husband Jim, and my daughters Mary-Anne and Nina, for your patience, love and support.

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