

Relation of Happiness, Hope and Affection with Quality of Life in Patients with Heart Failure

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Introduction:

Meeting the actual role of positive psychology, begins to be recognized the relation of positive variables with health.

Objective:

To know the relation of happiness, hope and affection with quality of life in individuals with heart failure.

Population and Methodology:

128 individuals with heart failure, 98 men and 30 women, 61.9±12,1 years of age, 6,6±3,9 years in school and 74,2% retired because of this disease.

56,3% were in Class III of New York Heart Association, with poor left ventricular ejection fraction (25,3±6,2 %).

The clinical history was of 9,4±8,5 years for this heart disease and had at least one hospitalization due to heart failure with 51,6% having ischemic heart disease.

They were evaluated in the hospital regarding the quality of life by the Kansas City Cardiomyopathy Questionnaire (KCCQ) (Green et al., 2000), hope by the HOPE scale (HOPE) (Snyder et al., 1991), Affection by the Positive and Negative Affect Schedule (PANAS) (Watson et al., 1988) as validated for the Portuguese population.

Results:

The quality of life was:

- Positively correlated with happiness except for the knowledge for the clinical condition and activities of daily living dimensions;
- Correlated positively with the hope pathways dimension in the domains perception of satisfaction with life, lifestyle, overall score and with the global hope dimension in social domain;
- Correlated positively with the positive affect in the symptoms dimension and overall score;
- Negatively correlated with negative affection with the exception of the knowledge for the clinical condition dimension

KCCQ	SHS	HOPE			PANAS	
		Pathways	Agency	Global	Positive affect	Negative affect
Activities of Daily Living	0,18 *	0,12	-0,02	0,06	0,07	-0,40 **
Symptoms	0,26 **	0,10	0,06	0,09	0,18 *	-0,33 **
Knowledge for the clinical condition	0,17	0,01	0,17	0,10	-0,02	0,04
Perception of satisfaction with life	0,24 **	0,21 *	0,07	0,16	0,17	-0,42 **
Lifestyle	0,14	0,26 **	0,08	0,20 *	0,17	-0,28 **
Functionality	0,24 **	0,13	0,03	0,09	0,16	-0,38 **
Overall score	0,24 **	0,18 *	0,05	0,14	0,18 *	-0,40 **

p<0,05 *; p<0,01 **

Conclusion:

It is important to consider positive variables in the clinical intervention in people with heart failure in order to improve the quality of their lives.