

Spiritual well-being (SpWB), quality of life (QoL) and health perception (HP) among patients with chronic illness in Spain

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Background

Previous studies suggest that spiritual well-being may be an important factor for improving quality of life and health status in patients with chronic illness.

Aim

To explore possible differences among chronic patient groups, and to analyse the relation between SpWB, QoL and HP.

Methods

Participants were 259 adults aged, 29 to 92, with chronic illness: haemodialysis patients (HDP, n= 94), palliative care patients (PCP, n = 60), and type II diabetic patients (DP, n=105). Participants completed measure of the Spanish version of the Meaning in Life Scale (MiLS; Jim et al., 2006; Reig-Ferrer et al., 2012, 2015). The MiLS scores were standardized and transformed in a scale from 0 (lowest value) to 10 (highest value). Measures of subjective well-being (health status and general quality of life) were obtained through two criterion items. Subgroup analyses were performed using Mann–Whitney U and Kruskal–Wallis tests.

Results

Data from the MiLS scores for the total sample and for each group of patients were calculated and found to be relatively similar, with means of 5.4 (total sample), 5.1 (HDP), 5.5 (PCP), and 5.7 (DP). Regarding to the subjective well-being, 39% of the 259 chronic patients reported a good QoL and only 26% informed of a good HP. Significant differences were observed among these groups of patients in SpWB ($p=.024$), QoL ($p<.0001$), and HP ($p<.0001$) (see Table 1). Diabetic group showed the highest scores in these variables. SpWB was positively correlated with QoL ($r=.50$; $p<.0001$) and HP ($r=.45$; $p<.0001$).

Table 1. Means and Standard Deviations comparisons for Meaning in life scale (MiLS) and measures of subjective well-being in Haemodialysis, Palliative care and Diabetic patients

	Haemodialysis Group (n=94)	Palliative care Group (n=60)	Diabetic Group (n=105)	p^a
Meaning in Life Scale	M(SD)	M(SD)	M(SD)	
Purpose	22.47 (7.62)	25.75 (7.41)	24.29 (8.03)	.041
Lessened of meaning	22.89 (7.64)	23.35 (7.39)	19.09 (7.44)	.000
Peace	13.71 (3.79)	14.45 (3.11)	14.67 (3.16)	.199
Benefits of spirituality	8.30 (4.17)	9.37 (3.82)	8.23 (3.35)	.140
Spirituality Global	70.58 (17.04)	75.22 (17.31)	77.09 (14.68)	.024
Subjective well-being				
Quality of life	2.75 (.78)	2.67 (.75)	3.53 (.65)	.000
Health perception	2.78 (1.07)	2.21 (1.04)	3 (.83)	.000

Note: ^aKruskall-Wallis

Conclusion

SpWB in chronic patients is relatively low, specifically in the haemodialysis group. QoL and HP was higher in the diabetes patient than in the other groups, probably associated with the disease course. Spirituality may play an important role in the psychological well-being, quality of life, and self-rated health for patients with chronic illness.

References

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