

## Psychosocial Factors as Predictors of Adjustment to Life in Chronic Portuguese Patients

Estela Vilhena

*E Vilhena<sup>1</sup>, JL Pais Ribeiro, I Silva<sup>2</sup>, L Pedro<sup>3</sup>, R Meneses<sup>2</sup>, H Cardoso<sup>4</sup>, AM da Silva<sup>5</sup>, D Mendonça<sup>6</sup>*

<sup>1</sup>Polytechnic Institute of Cavado and Ave, Barcelos, EPIUnit, ISPUP University of Porto, Porto, Portugal

<sup>2</sup>University of Fernando Pessoa, Porto, Portugal

<sup>3</sup>ESTeSL Polytechnic Institute of Lisbon, UIPEs Portugal, Lisbon, Portugal

<sup>4</sup>ICBAS University of Porto, HGSA/CHP Hospital Center of Porto, Porto, Portugal

<sup>5</sup>HGSA/CHP Hospital Center of Porto, 9UMIB/ICBAS University of Porto, Porto, Portugal

<sup>6</sup>ICBAS University of Porto, EPIUnit, ISPUP University of Porto, Porto, Portugal

Contact: evilhena@ipca.pt

### Background

Living with a chronic disease is an experience that may affect aspects of an individual's life, and are responsible for the management of a several psychosocial factors which contribute to their quality of life (QoL).

The aim of this study was, controlling for socio-demographic and clinical variables, test the hypothetical model to evaluate the simultaneous impact of psychosocial predictors (optimism, positive and negative affect, spirituality, social support and treatment adherence) on QoL and subjective well-being (SWB) in chronic Portuguese patients.

### Methods

A sample of 774 volunteer patients was approached by their physician on the main hospitals in Portugal. All completed a self-report questionnaires to assess socio-demographic, clinical, psychosocial, QoL and SWB variables. Structural Equation Modeling (SEM) was used. Results showed that the hypothesized model fitted the data reasonably: structural model,  $S-B_{-}(\chi_{-}1817 \div 2) = 3959.21$ ,  $p < 0.001$ ,  $(S-B_{-}(\chi \div 2)) / df = 2.17$ ; CFI=0.85; RMSEA=0.047.

### Results

Patients more optimistic, active and with a better treatment adherence had a better general well-being. A better treatment adherence contributes to a better physical health. Optimistic patients, more active, with a better treatment adherence, and more social support had a better mental health. An attitude more optimistic, a better positive affect, a treatment adherence and more social support contributes to a better subjective well-being.

### Conclusions

The aim of study was evaluated the simultaneous impact of psychosocial variables in QoL, in a group of chronic Portuguese patients. SEM techniques are considered a major component for addressing complex scientific questions and allow us to understand the complexity of the simultaneous relationships between variables.

This study contributed to the understanding and improve the processes associated with QoL and SWB, which is relevant for health care providers.

### Key messages:

- This study contributed to the understanding and improve the processes associated with Quality of Life and Subjective Well-being in Adjustment to Life in Chronic Portuguese Patients, which is relevant for health care providers.
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