

# Psychological functioning and life satisfaction of cardiac patients in rehabilitation

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**KEYWORDS:** cardiac rehabilitation, self-efficacy, emotional distress, life satisfaction, education.  
**CITATION:** Cardiol Croat. 2025;20(11-12):289. | <https://doi.org/10.15836/ccar2025.289>  
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**Introduction:** Psychological functioning is an important factor in the recovery of cardiac patients. Previous findings indicate that stress, anxiety, and depression can negatively affect rehabilitation outcomes<sup>1</sup>, while perceived self-efficacy<sup>2</sup> and life satisfaction<sup>3</sup> support better adaptation. The aim of this study was to examine the relationship between emotional distress, self-efficacy, demographic characteristics, and life satisfaction in patients undergoing cardiac rehabilitation.

**Patients and Methods:** The study included 118 participants ( $M = 63.39$ ,  $SD = 10.16$ ). Of these, 68% were men, 30% women, and 2% did not identify their gender. Standardized questionnaires were applied to assess depression, anxiety, stress, self-efficacy, and life satisfaction. Data were analysed with correlation and regression analyses, as well as non-parametric tests for group differences.

**Results:** Older age was positive predictor of stress ( $b = 0.013$ ,  $p < .01$ ), depression ( $b = 0.01$ ,  $p < .05$ ), and anxiety ( $b = 0.011$ ,  $p < .01$ ). Women reported significantly higher emotional distress compared to men ( $U = 46$ ,  $p < .05$ ). Self-efficacy correlated negatively with anxiety ( $r = -.24$ ,  $p < .01$ ) and stress ( $r = -.23$ ,  $p < .05$ ). Life satisfaction was positively related to self-efficacy ( $r = .35$ ,  $p < .001$ ) and negatively with depression ( $r = -.26$ ,  $p < .01$ ), anxiety ( $r = -.23$ ,  $p < .05$ ), and stress ( $r = -.29$ ,  $p < .01$ ). Patients with higher education levels reported greater self-efficacy and better evaluations of life conditions and achievements than those with lower education.

**Conclusion:** Results emphasize the role of psychological factors and education in cardiac rehabilitation. Interventions aimed at reducing emotional distress and enhancing self-efficacy could improve life satisfaction and support better rehabilitation outcomes.

RECEIVED:  
October 1, 2025  
ACCEPTED:  
October 22, 2025



**LITERATURE**                                                   