Psychological functioning and life satisfaction of cardiac patients in rehabilitation

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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 outcomes¹, while perceived self-efficacy² and life satisfaction³ 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.

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