Perceived self-efficacy, personality and bioethics before a heart rehabilitation programme in primary health care

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Abstract
Objectives: There is a clear evidence of the benefit of cardiac rehabilitation after a cardiovascular event on patients’ mood and perceived self-efficacy in terms of their own health care. Our aim is to define the correlation between mood-related variables, biotype and self-efficacy in this population.

Design: Descriptive study.

Background, participants: The entire population of patients discharged from the cardiac rehabilitation unit over 12 months.

Main measurements: Universal anthropometric and psychometric (general self-efficacy scale, Salamanca personality traits questionnaire, Hamilton anxiety scale and Beck depression inventory) variables are determined. Descriptive statistics and association between variables (correlation) is determined.

Results: This study involved 88 patients, response rate 92%. The average age was 53 years old, 80.23% were males. Descriptive statistics and Pearson correlations for the main dependent variable and associated variables is performed. Significant evidence is shown, self-efficacy is negatively correlated with anxiety ($r = -0.4009$) and depression ($r = -0.4152$), as well as dependent ($r = -0.03175$) and impulsive ($r = -0.4243$) personality traits. Higher levels of anxiety...
positively correlate with endomorph biotype ($r = 0.3304$), and depression-associated symptoms ($r = 0.2563$). Age and gender do not correlate with self-perceived efficacy.

**Conclusions:** Self-efficacy in the study population is correlated with personality traits, mood and body biotype.

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**What is known?**

- CR is cost-effective, reducing the mortality of people with coronary heart disease between 20% and 32%.
- Phase III, or primary care CR includes the entire process of follow-up care of the cardiac patient and comprises actions implemented by nursing and/or medical staff regarding physical activity, nutrition and cognitive-behavioural interventions, leading to goals achieved in terms of life style changes and improvement in quality of life.
- There are no available reliable data regarding perceived self-efficacy by cardiac patients in terms of their own healthcare.

**What does this study contribute?**

- There is a tendency to make associations between perceived self-efficacy and mood in patients who have suffered from a cardiac event, in addition to certain personality traits and body biotypes.
- The frequency of "dependent" and "anxious" personality traits, between patients suffering from cardiovascular events and the inverse relationship between mood and perceived self-efficacy is highlighted.

**Introduction**

Cardiovascular disease is the primary cause of death in Spain, despite the fact that most risk factors are well-known...
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