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ORIGINAL ARTICLE

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

Antonio J. Madueño Caro^{a,*}, Manuel Luis Mellado Fernández^b,
Juana Delgado Pacheco^c, Marta Muñoz Ayllon^d, Manuel Pardos Lafarga^d,
Laura Saez García^d

^a Medicina de familia, Centro de Salud La Laguna, Cádiz, Spain

^b Medicina de familia, Centro de Salud Casines, Puerto Real, Cádiz, Spain

^c Hospital Universitario Puerta del Mar, Cádiz, Spain

^d Medicina Interna, Centro de Salud La Laguna, Cádiz, Spain

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KEYWORDS

Cardiac rehabilitation;
Primary 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 ($r = -0.3175$) and impulsive ($r = -0.4243$) personality traits. Higher levels of anxiety

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* Corresponding author.

E-mail address: madu64@gmail.com (A.J. Madueño Caro).

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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PALABRAS CLAVE

Rehabilitación
cardíaca;
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Autoeficacia;
Enfermería

Autoeficacia percibida, rasgos de personalidad y biotipos previos a programa de rehabilitación cardíaca en atención primaria de salud

Resumen

Objetivos: Existe evidencia del beneficio de la rehabilitación cardíaca tras evento cardiovascular sobre el estado de ánimo y la autoeficacia percibida por el paciente para con el cuidado de su salud. Se quiere conocer la correlación entre variables relacionadas con el estado anímico, biotipo y autoeficacia de esta población.

Diseño: Estudio descriptivo.

Emplazamiento, participantes: Sobre toda la población de pacientes dados de alta en unidad de rehabilitación cardíaca hospitalaria a lo largo de 12 meses.

Mediciones principales: Se determinan variables universales, psicométricas (escala general de autoeficacia, cuestionario de personalidad Salamanca, Hamilton ansiedad e índice de depresión de Beck) y antropométricas. Se realiza estadística descriptiva y correlaciones de Pearson entre la variable dependiente principal y variables asociadas.

Resultados: Se incluyó a 88 pacientes, tasa de respuesta 92%. La edad media fue 53 años, con el 80,23% varones. De forma significativa, la autoeficacia correlacionó negativamente con la ansiedad ($r=-0,4009$) y la depresión ($r=-0,4152$), así como con el rasgo dependiente de la personalidad ($r=-0,3175$) e impulsivo ($r=-0,4243$). El biotipo endomorfo correlaciona de forma positiva con niveles más altos de ansiedad ($r=0,3304$) y síntomas relacionados con depresión ($r=0,2563$). No hay diferencias según edad y sexo con la autoeficacia percibida.

Conclusiones: Existe correlación entre rasgos de personalidad, estado anímico y biotipo corporal con la autoeficacia percibida en la población a estudio.

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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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