

Effect of Health-Literacy and Self-Management Efficacy on the Health-Related Quality of Life of Hypertensive Patients Attending a Tertiary Care Hospital in Sri Lanka

DMID Kumara¹, TS Amarasinghe² and WATA Jayalath³

¹Faculty of Allied Health Sciences, University of Peradeniya, Peradeniya, Sri Lanka

²Faculty of Nursing, University of Colombo, Colombo, Sri Lanka

³Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka

#ishandimuthusb96@gmail.com

Abstract

Disease processes and subjective factors such as Health Literacy (HL) and Self-Management Efficacy (SME) affect the Health-Related Quality of Life (HRQoL) of hypertensive patients. The main objective of this study was to examine the effect of health literacy and self-management efficacy on the HRQoL of hypertensive patients who are attending a tertiary care hospital in Sri Lanka. A descriptive cross-sectional study was conducted among 404 hypertensive patients attending Teaching Hospital-Peradeniya. Data was collected using Short Form-36 (SF-36), Self-Efficacy for Managing Chronic Disease 6-Item Scale (SES6C), and Brief Health Literacy Screening (BHLS) to measure the patient's HRQoL, SME and HL, respectively. p value being ≤ 0.05 considered as the level of significance. Out of 400 participants 246 (61.5%) were female and 154 (38.5%) were male. Mean age of the participants was 63.2 ± 10.6 years. Total mean score of SF-36 was 65.71 ± 19.73 . The total mean score for the SES6C was 7.36 ± 1.48 and the total mean score for the BHLS was 18.35 ± 3.17 . A moderately significant relationship was found between Total HRQoL and SES6C Scores ($r = 0.498, p = 0.001$). A positive but weak relationship was found between the total HRQoL and the Total BHLS score ($r = 0.209, p = 0.001$). Simple linear regression analysis revealed that two predictor variables, SME and HL explain about 26.1% of the variance in HRQoL. Both HL and SME affect the HRQoL in a significant manner. Age, level of education, duration of hypertension, and the monthly income of the patients were found to be associated with the HRQoL of the hypertensive patients.

Keywords: *HRQoL, SME, HL, Hypertensive patients*