



## Predictors of Quality of Life in Patients with Heart Disease

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### Abstract

Individuals with heart disease have been found to have more negative psychological and physical effects that impact their quality of life (QoL) than the general population. Spiritual well-being is considered a protective factor associated with QoL in people with heart disease. Therefore, the current research seeks to evaluate whether sociodemographic factors and spiritual well-being predict QoL among patients with heart disease. A total of 500 patients who were selected through a convenient sampling method from an Iranian hospital participated in this descriptive-correlational study. Data were collected using the McGill QoL Questionnaire, the Spiritual Well-being Scale, and demographic variables. The data analysis included descriptive and inferential statistics powered by SPSS (v. 23). Following multivariate analyses, findings revealed that those participants with their main source of income derived from family or a government pension and with College or intermediate educational levels were more likely to have higher QoL. Those participants with average or poor socioeconomic status reported higher QoL than those who were more affluent. Furthermore, younger patients ( $-0.2$ , 95% CI  $-0.3$  to  $-0.003$ ,  $p=0.016$ ) and those with higher social support ( $0.7$ , 95% CI  $0.2$  to  $1.3$ ,  $p=0.006$ ) and spiritual well-being ( $0.2$ , 95% CI  $0.1$  to  $0.3$ ,  $p<0.001$ ) had significantly better QoL. In the current study, spiritual well-being and social support led to reduced negative psychological sequelae and improved QoL in cardiac patients.

**Keywords** Quality of life · Spirituality · Social support · Heart disease

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