

Abstract

Original Article

The Effect of Illness Perception on Loneliness and Coping with Stress in Patients with Chronic Obstructive Pulmonary Disease (COPD)

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Abstract

Aim: This study aims to investigate the effect of illness perception on loneliness and coping with stress among COPD patients.

Methods: This is a descriptive study. Two hundred and forty-six patients who were diagnosed as inpatients with COPD in the department of chest disease at two hospitals in located in Erzurum between 10 April 2013 and 15 August 2013 comprised the population of this study. Of these, 200 patients who agreed to take part in the study and comply with the criteria made up the study's sample. During data acquisition, a questionnaire and the Illness Perception Scale (IPS), UCLA Loneliness Scale and Type of Coping with Stress Scale (TCSS) were administered. The Results Dimension sub-scale of the Dimension of Opinions about Illness had the highest mean score (3.77 ± 0.672) on the Illness Perception Scale.

Results: Mean total score on the Type of Coping with Stress Scale was found to be 76.63 ± 8.60 . Mean total score on the loneliness scale was found to be 37.45 ± 13.80 , indicating a moderate level of loneliness. A more negative perception of patients toward their illness increased their level of loneliness and decreased their level of effectively coping with stress. According to the survey results, COPD patients' perception of illness has an effect on their degree of loneliness and their ability to coping with stress.

Conclusions: It can be suggested that patients' method of evaluation of their illness should be determined, and that patients should be given psychosocial support to encourage positive evaluation.

Keywords: chronic obstructive pulmonary disease (COPD), loneliness, illness perception, coping with stress