

## ORIGINAL PAPER

### Health beliefs and quality of life in end - stage renal disease

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#### ABSTRACT

**Background:** Patients' beliefs regarding their health are important to understand responses to chronic disease.

**Objective:** The present study aimed (i) to determine whether beliefs about health differ between different renal replacement therapies in End-Stage Renal Disease (ESRD) patients and (ii) to examine whether these beliefs are associated with health related quality of life (HQoL) as well as mental health.

**Methodology:** A sample of 89 ESRD patients, 41 in haemodialysis (HD) treatment and 48 in peritoneal dialysis (PD) treatment, completed the *World Health Organization Quality of Life* instrument, the *General Health Questionnaire*, the *State-Trait Anxiety Inventory*, the *Center for Epidemiologic Studies Depression Scale* and the *Multidimensional Health Locus of Control*.

**Results:** Regarding differences in health beliefs between the two groups, HD patients focused more on the dimension of *internal* health locus of control. This dimension was associated with better QoL ( $p < 0.01$ ) and general health ( $p = 0.03$ ) in the total sample. On the contrary, the dimension of *important others* in health locus of control was associated with higher depression ( $p = 0.02$ ).

**Conclusions:** The beliefs that patients hold about their illness appear to be related to the type of renal replacement therapy being undertaken. These cognitions have associations with HQoL and mental health in dialysis.

**Key Words:** Anxiety, depression, health beliefs, mental health, quality of life, renal disease