**Abstract**

# The Relationship Between Learned Resourcefulness, Anxiety  and Depression in Patients with Atrial Fibrillation

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**Abstract**

**Aim:** This descriptive study was conducted to determine the relationship between learned resourcefulness, anxiety, and depression in patients with atrial fibrillation.

**Methods:** This study was conducted on a total of 90 patients meeting the inclusion criteria at Erciyes University Yilmaz-Mehmet Oztaskin Heart Hospital Arrhythmia Outpatient Clinic between 20.03.2014 and 20.07.2014. Ethics committee approval and informed consents of the individuals were received.

The data were gathered by the researcher using questionnaire, Rosenbaum's Learned Resourcefulness Scale, and the Hospital Anxiety and Depression Scale. Descriptive statistics, independent samples t-test, correlation analysis and one-way ANOVA, if any were used for the statistical analysis.

**Results:** It was found that almost half of the patients (41.1%) had scores above borderline in Hospital Anxiety and Depression Scale-Anxiety scale and more than half (57.8%) had scores above borderline in Hospital Anxiety and Depression Scale- Depression scale; and the mean score obtained by the patients from learned resourcefulness was $124.92 \pm 15.21$. In the study, a moderate positive correlation was found between anxiety and depression values of the patients ($p<0.01$); whereas, a moderate negative correlation was detected between their learned resourcefulness, anxiety, and depression levels ($p<0.01$).

**Conclusions:** Nurses who work with AF patients should assess anxiety and depression levels of these patients and support them to increase their learned resourcefulness by teaching ways of cope with stress effectively.

**Key Words:** Anxiety, Depression, Artial Fibrilation, Learned Resourcefulness