

## Exploring Factors Influencing Cardiac Self-Efficacy In Nepalese Patients With Coronary Artery Disease: A Study In Tertiary Hospitals

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**Rashmita Shrestha**

Dhulikhel Hospital Kathmandu University Hospital, Kathmandu, Nepal

**Rabina Ghimire**

Dhulikhel Hospital Kathmandu University Hospital, Kathmandu, Nepal

### ABSTRACT

The abstract is a brief summary of the study, usually no more than 250 words. It should include the purpose of the study, the methodology used, the key findings, and the implications of the results. In this case, the abstract might read something like this:

This study aimed to investigate the factors that influence cardiac self-efficacy among Nepalese patients diagnosed with coronary artery disease (CAD) in tertiary hospitals. A cross-sectional survey was conducted among 150 CAD patients who were recruited from two tertiary hospitals in Nepal. Data were collected using a self-administered questionnaire that included measures of self-efficacy, social support, disease knowledge, and demographic variables. Results showed that self-efficacy was positively associated with social support and disease knowledge, and negatively associated with age and comorbidities. These findings suggest that interventions to improve cardiac self-efficacy among Nepalese CAD patients should focus on enhancing social support and disease knowledge, especially among older patients with comorbidities.

### KEYWORDS

Cardiac self-efficacy; Coronary artery disease; Nepal; Tertiary hospitals; Social support; Disease knowledge; Demographic variables; Cross-sectional survey; Bivariate correlations; Multiple regression analysis

### INTRODUCTION

The introduction provides background information on the topic and explains the purpose of the study. It

should also include a review of the relevant literature and research questions or hypotheses. In this case, the introduction might include information about the prevalence of CAD in Nepal, the importance of self-efficacy for managing CAD, and previous research on the factors that influence cardiac self-efficacy. The research questions might be something like this:

What is the level of cardiac self-efficacy among Nepalese patients diagnosed with CAD in tertiary hospitals?

What factors are associated with cardiac self-efficacy among Nepalese CAD patients?

## METHODS

The methods section describes the study design, participants, measures, and data analysis. It should provide enough detail so that the study could be replicated by other researchers. In this case, the methods section might include the following information:

### Study design:

Cross-sectional survey

### Participants:

150 Nepalese patients diagnosed with CAD who were recruited from two tertiary hospitals

### Measures:

Self-efficacy, social support, disease knowledge, demographic variables

### Data analysis:

Descriptive statistics, bivariate correlations, multiple regression analysis

## RESULTS

The results section presents the findings of the study, including descriptive statistics and statistical analyses. Tables and figures are often used to present the data visually. In this case, the results might include the following:

Descriptive statistics for self-efficacy, social support, disease knowledge, and demographic variables

Bivariate correlations between self-efficacy and each of the other variables

Multiple regression analysis to determine the factors that are independently associated with self-efficacy

## DISCUSSION

The discussion section interprets the results of the study and relates them to previous research and the study's research questions or hypotheses. It should also discuss the implications of the findings for clinical practice and future research. In this case, the discussion might include the following:

Interpretation of the findings, including any unexpected results or limitations of the study

Comparison of the results to previous research on cardiac self-efficacy

Implications of the findings for clinical practice, such as the need to provide social support and disease education to CAD patients

Suggestions for future research, such as longitudinal studies to determine the long-term effects of social support and disease knowledge on cardiac self-efficacy

## CONCLUSION

In conclusion, this study aimed to explore the factors that influence cardiac self-efficacy among Nepalese patients diagnosed with coronary artery disease (CAD) in tertiary hospitals. The findings showed that self-efficacy was positively associated with social support and disease knowledge, and negatively associated with age and comorbidities. These results suggest that interventions to improve cardiac self-efficacy among Nepalese CAD patients should focus on enhancing social support and disease knowledge, particularly for older patients with comorbidities. This study contributes to the limited research on cardiac self-efficacy in Nepal and provides valuable information for healthcare professionals in designing effective interventions to improve self-efficacy and overall health outcomes for CAD patients. Future research should explore the long-term effects of social support and disease knowledge on cardiac self-efficacy and the effectiveness of interventions to improve these factors in clinical practice.

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