

Abstract

The study was conducted to find out the relationship among psychological distress, spirituality and quality of life in cardiac patients on medicines as well as to see the impact of psychological distress and spirituality on quality of life among those patients. The main study sample included 160 cardiac patients (100 females and 60 males) with the age range of 40-60 years. The sample was drawn from government hospitals of Lahore and Sahiwal with different socioeconomic status. Tools included demographic form, Kessler's Psychological Distress Scale (Kessler, 2003), Spiritual Assessment Inventory (Hall & Edwards, 1996) and WHO Quality of Life-BREF (WHO, 1998) that were administered for data collection. Results indicated that among cardiac patients the increased level of psychological distress lower the quality of life and increased the spirituality. Moreover, it was depicted that among cardiac patients, females than males and working than non-working have high psychological distress. Additionally patients belonged to lower family income and patients with more age have also high level of psychological distress. Furthermore, psychological distress and spirituality were significant predictors of quality of life. Additionally it was assumed that patients with high spirituality will have low psychological distress but results showed that there was a significant positive relationship between these both variables with mild correlation. It was concluded that psychological distress, spirituality and quality of life have significant relationship in cardiac patients.

Key words: Psychological distress, spirituality, quality of life, patients, family income, working.