Ethnicity Moderates the Relationship Between Perceived Social Support and Self-Care Confidence in Patients with Heart Failure

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What we Learned: Perceived social support and self-care confidence is affected by the ethnicity of heart failure patients

Purpose

❖ Examine the relationship between perceived social support (PSS) and self-care confidence (SCC) in a sample of patients with heart failure (HF)

Background

❖ African Americans are at the highest risk of developing HF compared to other ethnicities
❖ African Americans are hospitalized 7 to 8 times more often than Caucasians
❖ Poor overall self-care, low SCC and lower levels of PSS are factors related to increased hospitalizations in HF
❖ Little is known regarding the factors that may impact SCC in HF patients

Methods

❖ Patients with HF completed measures of PSS (Multidimensional Scale of Perceived Social Support) and SCC (Self-Care of Heart Failure Index; Self-Care Confidence Subscale).
❖ Patients were African American or Caucasian
❖ Moderation analysis was conducted using hierarchal linear regression

Results

❖ The mean age of the sample (N = 429) was 60.8 ± 11.5, 68% were male, and 54.7% were New York Heart Association class I or II.
❖ Results from moderation analysis yielded a significant interaction of PSS and ethnicity.
    ❖ In African American patients, there is a non-significant relationship between perceived social support and self-care confidence, b = -0.776, 95% CI [-0.049, 0.060], t = 0.212, p = 0.832.
    ❖ In Caucasian patients, there is a significant positive relationship between perceived social support and self-care confidence b = -0.224, 95% CI [0.046, 0.094], t = 5.65, p <.001.

Discussion

❖ Ethnicity may play an important role in PSS and SCC in patients with HF
❖ Our results show there was no change in self-care confidence scores as levels of perceived social support increased in African American patients
❖ Further research is needed to develop and test interventions that are tailored to the ethnicity and levels of social support in patients with HF

Acknowledgements

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<table>
<thead>
<tr>
<th></th>
<th>b [95% CI]</th>
<th>SE B</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>18.20 [17.81, 18.60]</td>
<td>0.199</td>
<td>91.32</td>
<td>p &lt; .001</td>
</tr>
<tr>
<td>Perceived Social Support</td>
<td>0.056 [0.033, 0.078]</td>
<td>0.011</td>
<td>4.86</td>
<td>p &lt; .001</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>-1.04 [-2.02, -0.047]</td>
<td>0.503</td>
<td>-2.06</td>
<td>p = .040</td>
</tr>
<tr>
<td>Perceived Social Support x Ethnicity</td>
<td>0.064 [0.004, 0.124]</td>
<td>0.030</td>
<td>2.11</td>
<td>p = .035</td>
</tr>
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Note. R² = .073