

# 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

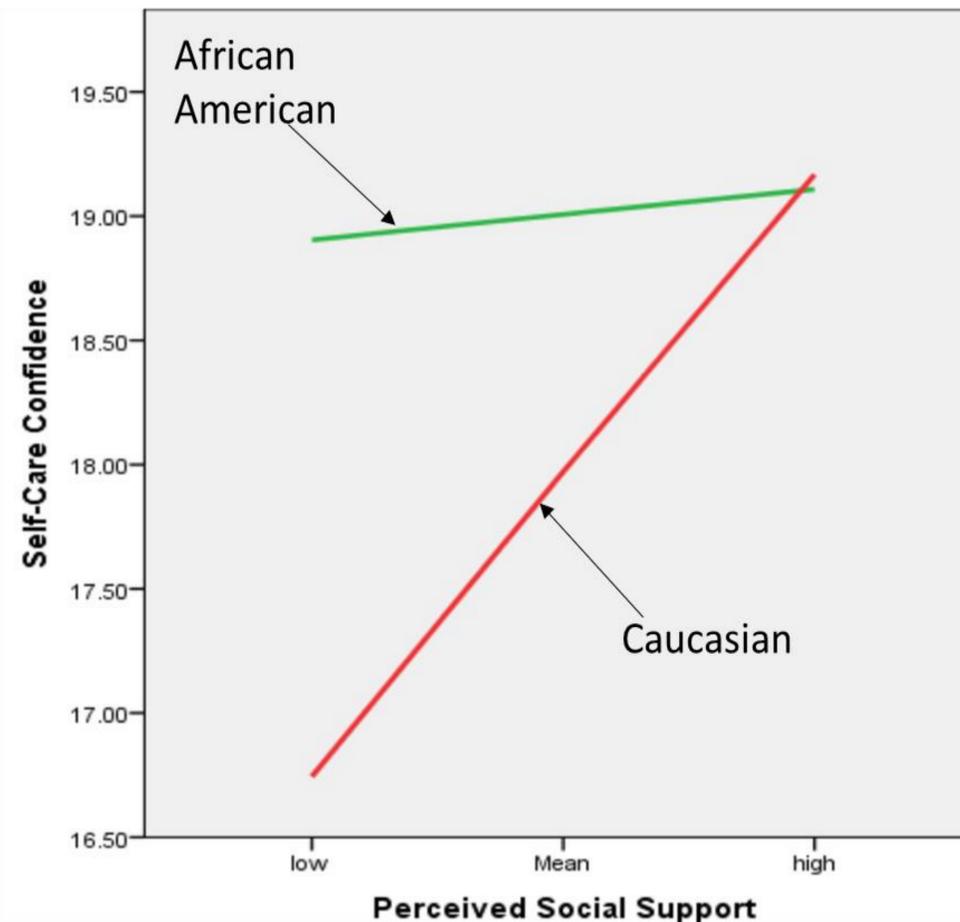
## Methods

- ❖ 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],  $t = 5.65$ ,  $p < .001$ .



## Results

	b [95% CI]	SE B	t	p
Constant	18.20 [17.81, 18.60]	0.199	91.32	$p < .001$
Perceived Social Support	0.056 [0.033, 0.078]	0.011	4.86	$p < .001$
Ethnicity	-1.04 [-2.02, -0.047]	0.503	-2.06	$p = .040$
Perceived Social Support x Ethnicity	0.064 [0.004, 0.124]	0.030	2.11	$p = .035$

Note.  $R^2 = .073$

## 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

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