MEDIATING ROLE OF RESILIENCE IN THE RELATIONSHIP BETWEEN DEPRESSION AND PERCEIVED PSYCHOLOGICAL HEALTH IN PATIENTS WITH HEART FAILURE

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Background
- Depression is associated with a poor prognosis and reduced quality of life in patients with heart failure.
- Improving resilience may facilitate lessening the negative consequences associated with depression.
- The role of resilience in the relationship between depression and perceived health status in patients with heart failure is unclear.

Objectives
- (1) To examine the relationships among depression, resilience, and perceived health status in patients with heart failure.
- (2) To determine whether resilience plays a mediating role in the relationship between depression and perceived health status.

Methods
- **Study Design:** Cross-sectional
- **Participants:**
  - (a) 128 participants [Mean age= 63.30 (SD=12.37); 27.34% female participants; 92.7% NYHA classes I & II, 7.3% NYHA classes III]
  - (b) Community-dwelling and medically stable patients with echocardiographically documented heart failure.
  - (c) Participants were recruited from cardiology outpatient clinics in Northern Taiwan.
- **Analyses:**
  - Hierarchical multiple regressions were conducted to determine whether depression and resilience predicted perceived physical and psychological health status.
  - **Mediator** The mediating role of resilience was analyzed using the PROCESS procedure in SPSS.
- **Measures**
  - Depressive symptoms ➔ The Beck Depression Inventory (2nd edition, BDI-II)
  - Resilience ➔ the Chinese version of the Resilience Scale (RS)
  - Physical and psychological health status ➔ the Medical Outcome Studies 36-Item Short Form (SF-36) Health Survey, Taiwan standard version 1.0

Results
- Depression significantly predicted both perceived physical and psychological health status in patients with heart failure after adjustment for demographic variables, comorbidities, New York Heart Association functional class, and health behaviors (both p < 0.01).
- Resilience was not significantly associated with physical health status after adjustment for covariates and depressive symptoms; resilience accounted for a significant increase in $R^2$ ($\Delta R^2=0.05$, $p<0.01$) with a positive correlation between resilience and psychological health status (Resilience: Beta= 0.003, SE=0.001, $p=.002$).
- Resilience mediated the relationship between depression and perceived psychological health (a $\times$ b = −0.005; confidence interval [CI]: −0.01, −0.001) but not that between depression and perceived physical health (a $\times$ b = −0.004; CI: −0.003, 0.003). (See Figure 1.)

Conclusions
- Depression is a risk factor for poor perceived health outcomes in patients with heart failure. Interventions addressing resilience may facilitate improving perceived psychological health depressed patients with heart failure.

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