

The Relationship Between Self Efficacy, General Self Disease Management Strategies in Coping With Pain and Quality of Life in Migraine Patients: Testing a Theoretical Method

İlknur Gün Özkan, Nermin Olgun

Marmara University, Faculty of Health Sciences, Division of Nursing, İstanbul

Objective: The purpose of this methodological and descriptive study was to find out the relationship of self-efficacy, general self disease management strategies and quality of life (QOL) in migraine patients, to develop a theoretical model and analyse it, using the results to contribute to nursing applications.

Method: The Turkish reliability and validity of a self-efficacy scale has been evaluated and scales for self disease management strategies and QOL in Migraine Patients has been developed by the investigator. The sample of the study was 343 migraine patients from a neurology out-patient department. Data was collected by self-declaration method using the scales developed for Migraine Patients and was analysed using one way analysis of variance (ANOVA), t-test, Pearson's correlation Analysis, Bonferroni test, exploratory and confirmatory factor analysis, structural equation modelling (SEM).

Results: 42.6% of the patients had migraine for 1-5 years, 38.8% had 1-3 attacks/week, and 97.1% used analgesics during pain. The self-efficacy of patients was medium, self disease management strategies weak, and QOL low. Use of SEM revealed that self-efficacy had a direct effect on self disease management strategies and QOL. Self disease management strategies were also found to influence the QOL. Additionally, self efficacy was found to have an indirect effect on the QOL via disease management strategies.

Conclusion: The self-efficacy of the migraine patients on disease management must be evaluated, the nursing practices must be planned on improving the patients' confidence on their skills for preventing and managing the migraine attacks.

Key words: Migraine*, quality of life, self disease management strategies, self efficacy, structural equation model (SEM)