

ANXIETY, DEPRESSION AND HEALTH BELIEFS IN END STAGE RENAL DISEASE (ESRD) PATIENTS

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Health locus of control (HLOC) constitutes an important psychological domain of interest to the manifestation and course of disease. Research has shown that health locus of control beliefs can be predictive of anxiety and depression and could therefore act as a good determinant of psychological adjustment for patients with chronic conditions. The aim of this study was to explore the relationship between locus of control health beliefs with depression and anxiety in end stage renal disease patients. Also, to explore whether these beliefs can indeed predict patients' psychological adjustment. 144 adult patients undergoing haemodialysis or peritoneal dialysis participated in this cross-sectional prospective study. Sociodemographic and medical characteristics were recorded and the following structured questionnaires were administered: the Multidimensional Health Locus of Control (MHLC) (Wallston et al, 1994), the Centre of Epidemiological Studies Depression Scale (CES-D) (Fountoulakis et al, 2001), the State-Trait Anxiety Inventory 2 (STAI 2) and the General Health Questionnaire (GHQ) (Garyfallos et al, 1991). ANOVA analysis was performed to examine whether patients' MHLC scores correlated with CES-D, STAI 2 and GHQ scores and regression analysis was performed to determine the degree to which health locus of control beliefs can predict depression and anxiety. Results revealed significant relationships between health locus of control beliefs and anxiety, depression thus demonstrating the role health beliefs can play in patients' psychological adjustment with important implications for clinical practice.