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### The effect of type d personality on self-care ability in patients with a /rheumatoid arthritis diagnosis

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**Aim:** The aim of this study is to evaluate the relationship between type D personality and self-care ability in patients with rheumatoid arthritis.

**Method:** The study sample consists of 50 patients who were treated in the Rheumatology Service of Ege University School of Medicine during the research period and had agreed to participate to the research. The "Identification Form for Patient with Rheumatoid Arthritis Diagnosis", "Type D Scale - DS14", and "Self-Care Ability Scale" prepared by researchers according to the literature were used as data collection tools.

**Results:** Among the patients included in the study, 80% were female and 20% were male. The average age of the patients was  $\bar{X} = 62.26 \pm 12.25$ ; 96.67% of the patients were married and 13.33% were widowed. 54% of the patients had a history of rheumatoid arthritis among their family members. Distributions of the average Type D personality scores were found to be  $\bar{X} = 14.10 \pm 4.81$  for negative affection and  $\bar{X} = 12.10 \pm 6.15$  for social suppression. The self-care ability score was  $\bar{X} = 81.24 \pm 17.53$ . No statistically significant result was detected between the patients' average social suppression score and average self-care ability score ( $B = -0.76$ ,  $p < 0.05$ ) through regression analysis. As the type D scale social suppression score increased, self-care ability decreased.

**Conclusion:** The conclusion of this study is that type D personality affects self-care ability in patients with rheumatoid arthritis. Therefore, determining both the personality type and self-care status of these patients and considering these factors during the management of the disease are recommended.

#### Biography

Filiz Ozel has completed her Undergraduate study in the Nursing Section of Uludag University School of Health (2004-2007). After obtaining her undergraduate degree, she has worked as a Clinic Nurse (2007-2009). She has initiated her Postgraduate study in the Department of Internal Diseases Nursing, Ege University Health Sciences Institute. She has completed her Doctorate education from the Department of Internal Diseases Nursing, Ege University School of Nursing. She has then worked as an Observer in the Behçet's Syndrome Center at New York Langone Medical Center Seligman Center For Advanced Therapeutics. She took part in a number of national and international congresses and courses during her postgraduate and doctorate education. She is currently working in the Department of Internal Diseases Nursing, Ege University Nursing Faculty as a Research Assistant.

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