

# 10<sup>th</sup> Global Nursing & Healthcare conference

August 18-19, 2016 Sao Paulo, Brazil

## The mediating role of health promotion lifestyles in the relationship between depressive symptoms and quality of life: A cross-sectional correlation study

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**Background:** About 27-30% of patients with chronic schizophrenia have depressive symptoms, and depressive symptoms reduce quality of life and increase the risk of committing suicide.

**Objective:** To examine the relationship among depressive symptoms, health promotion lifestyles and quality of life in patients with chronic schizophrenia.

**Method:** This study recruited patients diagnosed with schizophrenia, who were admitted to a psychiatric inpatient rehabilitation wards and day care center in northern Taiwan. A total of 273 patients with chronic schizophrenia participated in this cross-sectional correlation study. A structural questionnaire was used to collect data, and which included demographic characteristics, Beck Depression Inventory II (BDI-II), Health-Promoting Lifestyles Profile (HPLP) and The World Health Organization Quality of Life BREF (WHOQOL-BREF). Hierarchical multiple regression was employed to analyze the mediating effects.

**Results:** The 6 subscales of HPLP and 4 domains of WHOQOL-BREF presented positive correlations, but self-actualization subscale of HPLP, depressive symptoms and QOL had negative correlation. As to the mediating role of HPLP between depressive symptoms and 4 domains of QOL, self-actualization had full mediation on environmental domain. The other 3 domains (physical health, psychological health and social relationship) had partial mediations.

**Conclusion:** Self-actualization can reduce the negative impact of depressive symptoms on their QOL in patients with chronic schizophrenia.

### Biography

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