

APPENDIX A

TABLES

Table A1 Chi-square test for examining the differences of patients' demographic characteristics according to gender, religion, education level, occupation, income level, treatment payment, frequency dialysis, recent therapy, other illness concerns

Variable	Hospital-1 N (%)	Hospital-2 N (%)	Hospital-3 N (%)	χ^2	p
Gender					
▪ Male	28(52.8)	10(55.6)	11(55)	.054	.973
▪ Female	25(47.22)	8(44.4)	9(45)		
Religion					
▪ Islam	50(94.3)	18(100)	20(100)	2.224	.329
▪ Christian	3(5.7)	0(0)	0(0)		
Education level					
▪ Elementary	10(18.8)	1(5.6)	2(10)	6.077	.415
▪ Junior	5(9.4)	4(22.2)	4(20)		
▪ Senior	23(43.4)	5(27.8)	8(40)		
▪ College/University	15(28.3)	8(44.4)	6(30)		
Occupation					
▪ Unemployed	4(7.5)	0(0)	0(0)	6.145	.909
▪ Gov. employee	14(26.4)	5(27.8)	4(20)		
▪ Private company	2(3.8)	1(5.6)	1(5)		
▪ Business	3(5.7)	1(5.6)	0(0)		
▪ Retired from gov. empl.	16(30.2)	6(33.3)	8(40)		
▪ Housewife	13(24.5)	5(27.8)	6(30)		
▪ Others	1(1.9)	0(0)	1(5)		

Table A1 (Continued)

Variable	Hospital-1 N (%)	Hospital-2 N (%)	Hospital-3 N (%)	χ^2	p
Income level (IDR)					
▪ No income	15(28.3)	5(27.8)	6(30)	1.521	.992
▪ < 500,000	4(7.5)	1(5.6)	2(20)		
▪ 500,000 – 1,000,000	17(32.1)	4(22.2)	6(30)		
▪ 1,000,001 – 2,000,000	15(28.3)	7(38.9)	5(25)		
▪ > 2000,000	2(3.8)	1(5.6)	1(5)		
Treatment payment					
▪ Total reimbursed	12(22.6)	4(22.2)	9(45)	4.695	.320
▪ Partial reimbursed	31(58.5)	12(66.7)	9(45)		
▪ Self paid	10(18.9)	2(11.1)	2(10)		
Frequency of dialysis (a week)					
▪ Once	3(5.7)	0(0)	1(5)	13.498	.009
▪ Twice	50(94.3)	14(77.8)	18(90)		
▪ Three times	0(0)	4(22.2)	1(5)		
Recent therapy					
▪ Hemodialysis	33(62.3)	5(27.8)	9(45)	10.268	.036
▪ HD and medicines	17(32.1)	8(44.4)	9(45)		
▪ HD and trad. Medicine	3(5.6)	5(27.8)	2(10)		
Other illness concerns					
▪ Yes	22(41.5)	9(50)	12(60)	2.060	.357
▪ No	31(58.5)	9(50)	8(40)		

Table A2 ANOVA test for examining the differences of the means of demographic characteristics according to spouses' age, patients' age, length of married, number of family member, and length of dialysis

Variable	Hospital-1 M (SD)	Hospital-2 M (SD)	Hospital-3 M (SD)	F	p
Spouses' age (year)	52.74 (9.90)	48.72 (10.66)	50.10 (11.16)	F(2,88) = 1.205	.305
Patients' age (year)	53.15 (9.31)	50.94 (11.84)	50.50 (11.98)	F (2,88) = .611	.545
Length of married (year)	30.21 (10.61)	27.50 (11.61)	27.65 (10.57)	F (2,88) = .6.56	.522
Number of family member	4.23 (1.58)	4.33 (1.88)	3.25 (1.41)	F (2,88) = 3.07	.051
Length of dialysis (year)	2.53 (3.08)	2.79 (2.95)	2.15 (1.96)	F (2,88) = .251	.779

Table A3 Chi-square test for examining the differences of spouses' demographic characteristics according to gender, religion, education level, occupation, income level, family relationship, having chronic illness, health perception

Variable	Hospital-1 N (%)	Hospital-2 N (%)	Hospital-3 N (%)	χ^2	p
Gender					
▪ Male	25(47.2)	8(44.4)	9(45)	.054	.973
▪ Female	28(52.8)	10(55.6)	11(55)		
Religion					
▪ Islam	50(94.3)	18(100)	20(100)	2.224	.329
▪ Christian	3(5.7)	-			
Education level					
▪ No formal education	1(1.9)	0(0)	0(0)	5.173	.739
▪ Elementary	7(13.2)	3(16.2)	2(10)		
▪ Junior	8(15.1)	4(22.2)	7(35)		
▪ Senior	22(41.5)	5(27.8)	7(35)		
▪ College/University	15(28.3)	6(33.3)	4(20)		
Occupation					
▪ Unemployed	2(3.8)	0(0)	0(0)	14.705	.399
▪ Farmer	0(0)	0(0)	1(5)		
▪ Gov. employee	13(24.5)	1(5.6)	4(20)		
▪ Private company	3(5.7)	1(5.6)	1(5)		
▪ Business	3(5.7)	1(5.6)	0(0)		
▪ Retired from gov. empl.	14(26.4)	2(11.1)	5(25)		
▪ Housewife	17(32.1)	12(66.7)	8(40)		
▪ Others	1(1.9)	1(5.6)	1(5)		
Income level (IDR)					
▪ No income	19(35.8)	11(61.1)	7(35)	8.847	.355
▪ < 500,000	5(5.4)	1(5.6)	3(15)		
▪ 500,000 – 1,000,000	13(24.5)	2(11.1)	5(25)		
▪ 1,000,001 – 2,000,000	15(28.3)	2(11.1)	4(20)		
▪ > 2000,000	1(1.9)	2(11.1)	1(5)		
Family relationship					
▪ Good	47(88.7)	16(88.9)	17(85)	.205	.903
▪ Fair	6(11.3)	2(11.1)	3(15)		
▪ Poor	0(0)	0(0)	0(0)		
Having chronic illness					
▪ Yes	17(32.1)	5(27.8)	9(45)	1.475	.478
▪ No	36(67.1)	13(72.2)	11(55)		
Health perception					
▪ Good	32(60.4)	10(55.5)	3(15)	13.674	.008
▪ Fair	17(32.1)	5(27.8)	14(70)		
▪ Poor	4(7.5)	3(16.7)	3(15)		

Table A4 t-test for examining the differences the affective coping score, problem solving coping score and quality of life score between patients and spouses

Variable	Patients	Spouses	t	p
	Mean (SD)	Mean (SD)		
Affective coping	59.33(10.35)	58.03(9.64)	.874	.383
Problem solving coping	45.88(9.22)	46.48(8.97)	-.448	.655
Total coping	105.21(16.46)	104.52(15.42)	.293	.770
Quality of life	76.67(12.76)	87.30(12.46)	-5.683	.000

Table A5 Distribution of percentage of patients' coping strategies (N = 91)

No	Coping strategy	Percentage				
		Never	Occasionally	About half the time	Often	Almost Always
1	Worry about the problems due to the disease and treatment	11	40.7	7.7	25.3	15.4
2	Cry, get depressed	24.2	51.6	6.6	14.3	3.3
3	Work off tension with physical activity or exercise	37.4	36.3	4.4	16.5	5.5
4	Hope that things will get better	1.1	14.3	0	26.4	58.2
5	Figuring that things could be worse	9.9	48.4	5.5	27.5	8.8
6	Think through different ways to solve the problem or handle the situation	5.5	40.7	3.3	40.7	9.9
7	Eat (more than usual); smoke	57.1	34.1	2.2	5.5	1.1
8	Drink alcoholic beverages	100	0	0	0	0
9	Take drugs to release your tensions, such as sedative or other psychotropic drugs	78	17.6	1.1	1.1	2.2
10	Try to put the problem out of your mind and think of something else	18.7	60.4	4.4	12.1	4.4
11	Let someone else solve the problem or handle the situation	38.5	45.1	6.6	4.4	5.5
12	Daydream; fantasize	23.1	58.2	3.3	14.3	1.1
13	Do anything just to do something, even if you're not sure it will work	27.5	58.2	2.2	7.7	4.4

Table A5 (Continued)

No	Coping strategy	Percentage				
		Never	Occa- sionally	About half the time	Often	Almost Always
14	Talk the problem over with someone who has been in the same type of situation	1.1	40.7	3.3	46.2	8.8
15	Get prepared to expect the worst	18.7	39.6	6.6	25.3	9.9
16	Get mad; curse; swear	42.9	33	3.3	15.4	5.5
17	Accept the situation as it is	4.4	25.3	12.1	24.2	34.1
18	Try to look at the problem objectively and see all sides	7.7	39.6	8.8	28.6	15.4
19	Try to maintain some control over the situation	1.1	25.3	11	35.2	27.5
20	Try to find purpose or meaning in the situation	4.4	28.6	12.1	28.6	26.4
21	Pray; put your trust in God	0	2.2	6.6	25.3	65.9
22	Get nervous	27.5	54.9	5.5	11	1.1
23	Withdraw from the situation	46.2	35.2	8.8	5.5	4.4
24	Blame someone else for your problems or the situation you're in	73.6	18.7	4.4	1.1	2.2
25	Actively try to change the situation	7.7	38.5	5.5	30.8	17.6
26	Take out your tensions on someone else or something else	59.3	24.2	6.6	8.8	1.1
27	Take off by yourself; want to be alone	47.3	37.4	8.8	6.6	0
28	Resign yourself to the situation because things look hopeless	53.8	28.6	7.7	6.6	3.3
29	Do nothing in the hope that the situation will improve or that the problem will take care of itself	34.1	35.2	8.8	11	11
30	Seek comfort or help from family or friends	4.4	45.1	3.3	35.2	12.1
31	Meditate (dzikir); find out the calm mind by doing relaxation technique or "mind over matter"	3.3	26.4	6.6	37.4	26.4
32	Try to find out more about the situation so you can handle it better	1.1	33	8.8	37.4	19.8
33	Try out different ways of solving the problem to see which works the best	6.6	37.4	8.8	34.1	13.2
34	Resign yourself to the situation because it's your fate, so there's no sense trying to do anything about it	38.5	27.5	15.4	13.2	5.5

Table A5 (Continued)

No	Coping strategy	Percentage				
		Never	Occa- sionally	About half the time	Often	Almost Always
35	Try to draw on past experience to help you handle the situation	4.4	31.9	11	38.5	14.3
36	Try to break the problem down into "smaller pieces" so you can handle it better	8.8	38.5	12.1	28.6	12.1
37	Go to sleep, figuring things will look better in the morning	8.8	44	4.4	29.7	13.2
38	Set specific goals to help you solve the problem	15.4	45.1	13.2	19.8	6.6
39	"Don't worry about it everything will probably work out fine"	13.2	42.9	11	11	22
40	Settled for the next best thing to what you really wanted	2.2	29.7	8.8	36.3	23.1
Total		968.5	1414.1	270.6	827.2	522.3
Mean		24.21	35.35	6.76	20.68	13.06

Table A6 Rank of patients' coping strategies based on sum of percentage of 'often and almost always' score (N = 91)

Coping strategy	Class	Percentage	Rank
Pray; put your trust in God	AF	91.2	1
Hope that things will get better	AF	84.6	2
Meditate (dzikir); find out the calm mind by doing relaxation technique or "mind over matter"	AF	63.8	3
Try to maintain some control over the situation	PS	62.7	4
Settled for the next best thing to what you really wanted	PS	59.4	5
Accept the situation as it is	PS	58.3	6
Try to find out more about the situation so you can handle it better	PS	57.2	7
Try to find purpose or meaning in the situation	PS	55	8
Talk the problem over with someone who has been in the same type of situation	PS	55	8
Try to draw on past experience to help you handle the situation	PS	52.8	9
Think through different ways to solve the problem or handle the situation	PS	50.6	10

Table A6 (Continued)

Coping strategy	Class	Percentage	Rank
Actively try to change the situation	PS	48.4	11
Try out different ways of solving the problem to see which works the best	PS	47.3	12
Seek comfort or help from family or friends	AF	47.3	13
Try to look at the problem objectively and see all sides	PS	44	14
Go to sleep, figuring things will look better in the morning	AF	42.9	15
Try to break the problem down into “smaller pieces” so you can handle it better	PS	40.7	16
Worry about the problems due to the disease and treatment	AF	40.7	16
Figuring that things could be worse	AF	36.3	17
Get prepared to expect the worst	AF	35.2	18
“Don’t worry about it everything will probably work out fine	AF	33	19
Set specific goals to help you solve the problem	PS	26.4	20
Do nothing in the hope that the situation will improve or that the problem will take care of itself	AF	22	21
Work off tension with physical activity or exercise	AF	22	21
Get mad; curse; swear	AF	20.9	22
Resign yourself to the situation because it’s your fate, so there’s no sense trying to do anything about it	AF	18.7	23
Cry, get depressed	AF	17.6	24
Try to put the problem out of your mind and think of something else	AF	16.5	25
Daydream; fantasize	AF	15.4	26
Get nervous	AF	12.1	27
Do anything just to do something, even if you’re not sure it will work	PS	12.1	27
Resign yourself to the situation because things look hopeless	AF	9.9	28
Take out your tensions on someone else or something else	AF	9.9	28
Withdraw from the situation	AF	9.9	28
Let someone else solve the problem or handle the situation	PS	9.9	28
Take off by yourself; want to be alone	AF	6.6	29

Table A6 (Continued)

Coping strategy	Class	Percentage	Rank
Eat (more than usual); smoke	AF	6.6	29
Blame someone else for your problems or the situation you're in	AF	3.3	30
Take drugs to release your tensions, such as sedative or other psychotropic drugs	AF	3.3	30
Drink alcoholic beverages	AF	0	31

A = Affective focus coping P = Problem solving focus coping

Table A7 Distribution of percentage of spouses' coping strategies (N = 91)

No	Coping strategy	Percentage				
		Never	Occasionally	About half the time	Often	Almost Always
1	Worry about the problems due to the disease and treatment	11	38.5	4.4	30.8	15.4
2	Cry, get depressed	29.7	50.5	7.7	6.6	5.5
3	Work off tension with physical activity or exercise	24.2	36.3	5.5	26.4	7.7
4	Hope that things will get better	2.2	8.8	2.2	33	53.8
5	Figuring that things could be Worse	17.6	44	5.5	25.3	7.7
6	Think through different ways to solve the problem or handle the situation	6.6	30.8	6.6	47.3	8.8
7	Eat (more than usual); smoke	52.7	37.4	2.2	5.5	2.2
8	Drink alcoholic beverages	96.7	2.2	0	1.1	0
9	Take drugs to release your tensions, such as sedative or psychotropic drugs	83.5	12.1	3.3	1.1	0
10	Try to put the problem out of your mind and think of something else	15.4	58.2	5.5	17.6	3.3
11	Let someone else solve the problem or handle the situation	57.1	34.1	3.3	3.3	2.2
12	Daydream; fantasize	31.9	53.8	5.5	8.8	0
13	Do anything just to do something, even if you're not sure it will work	34.1	57.1	2.2	5.5	1.1
14	Talk the problem over with someone who has been in the same type of situation	3.3	39.6	5.5	45.1	6.6
15	Get prepared to expect the worst	20.9	39.6	9.9	16.5	13.2
16	Get mad; curse; swear	46.2	40.7	4.4	7.7	1.1
17	Accept the situation as it is	6.6	33	11	22	27.5

Table A7 (Continued)

No	Coping strategy	Percentage				
		Never	Occa- sionally	About half the time	Often	Almost Always
18	Try to look at the problem objectively and see all sides	6.6	37.4	5.5	30.8	19.8
19	Try to maintain some control over the situation	1.1	25.3	15.4	30.8	27.5
20	Try to find purpose or meaning in the situation	3.3	26.4	13.2	28.6	28.6
21	Pray; put your trust in God	0	2.2	3.3	24.2	70.3
22	Get nervous	29.7	51.6	5.5	9.9	3.3
23	Withdraw from the situation	51.6	35.2	6.6	5.5	1.1
24	Blame someone else for your problems or the situation you're in	71.4	23.1	3.3	1.1	1.1
25	Actively try to change the situation	5.5	36.3	7.7	35.2	15.4
26	Take out your tensions on someone else or something else	57.1	30.8	6.6	3.3	2.2
27	Take off by yourself; want to be alone	52.7	34.1	8.8	3.3	1.1
28	Resign yourself to the situation because things look hopeless	62.6	28.6	3.3	4.4	1.1
29	Do nothing in the hope that the situation will improve or that the problem will take care of itself	42.9	35.2	9.9	3.3	8.8
30	Seek comfort or help from family or friends	4.4	37.4	8.8	41.8	7.7
31	Meditate (dzikir); find out the calm mind by doing relaxation technique or "mind over matter"	3.3	22	7.7	45.1	22
32	Try to find out more about the situation so you can handle it better	3.3	28.6	9.9	36.3	22
33	Try out different ways of solving the problem to see which works the best	6.6	25.3	18.7	29.7	19.8
34	Resign yourself to the situation because it's your fate, so there's no sense trying to do anything about it	42.9	34.1	7.7	9.9	5.5
35	Try to draw on past experience to help you handle the situation	1.1	30.8	12.1	40.7	15.4
36	Try to break the problem down into "smaller pieces" so you can handle it better	4.4	35.2	18.7	29.7	12.1
37	Go to sleep, figuring things will look better in the morning	8.8	48.4	11	20.9	11
38	Set specific goals to help you solve the problem	9.9	36.3	16.5	29.7	7.7

Table A7 (Continued)

No	Coping strategy	Percentage				
		Never	Occa- sionally	About half the time	Often	Almost Always
39	“Don’t worry about it everything will probably work out fine	15.4	37.4	11	20.9	15.4
40	Settled for the next best thing to what you really wanted	3.3	14.3	9.9	44	28.6
Total		1027.6	1332.7	305.8	832.7	503.6
Mean		25.7	33.3	7.6	20.8	12.6

Table A8 Rank of spouses’ coping strategies based on sum of percentage of ‘often and almost always’ score (N = 91)

Coping strategy	Class	Percentage	Rank
Pray; put your trust in God	AF	94.5	1
Hope that things will get better	AF	86.8	2
Settled for the next best thing to what you really wanted	PS	72.6	3
Meditate (dzikir); find out the calm mind by doing relaxation technique or “mind over matter”	AF	67.1	4
Try to find out more about the situation so you can handle it better	PS	58.3	5
Try to maintain some control over the situation	PS	58.3	5
Try to find purpose or meaning in the situation	PS	57.2	6
Try to draw on past experience to help you handle the situation	PS	56.1	7
Think through different ways to solve the problem or handle the situation	PS	56.1	7
Talk the problem over with someone who has been in the same type of situation	PS	51.7	8
Actively try to change the situation	PS	50.6	9
Try to look at the problem objectively and see all sides	PS	50.6	9
Try out different ways of solving the problem to see which works the best	PS	49.5	10
Seek comfort or help from family or friends	AF	49.5	10
Accept the situation as it is	PS	49.5	10
Worry about the problems due to the disease and treatment	AF	46.2	11
Try to break the problem down into “smaller pieces” so you can handle it better	PS	41.8	12
Set specific goals to help you solve the problem	PS	37.4	13
“Don’t worry about it everything will probably work out fine	AF	36.3	14
Work off tension with physical activity or exercise	AF	34.1	15

Table A8 (Continued)

Coping strategy	Class	Percentage	Rank
Figuring that things could be Worse	AF	33	16
Go to sleep, figuring things will look better in the morning	AF	31.9	17
Get prepared to expect the worst	AF	29.7	18
Try to put the problem out of your mind and think of something else	AF	20.9	19
Resign yourself to the situation because it's your fate, so there's no sense trying to do anything about it	AF	15.4	20
Get nervous	AF	13.2	21
Do nothing in the hope that the situation will improve or that the problem will take care of itself	AF	12.1	22
Cry, get depressed	AF	12.1	22
Get mad; curse; swear	AF	8.8	23
Daydream; fantasize	AF	8.8	23
Eat (more than usual); smoke	AF	7.7	24
Withdraw from the situation	AF	6.6	25
Do anything just to do something, even if you're not sure it will work	PS	6.6	25
Resign yourself to the situation because things look hopeless	AF	5.5	25
Take out your tensions on someone else or something else	AF	5.5	25
Let someone else solve the problem or handle the situation	PS	5.5	25
Take off by yourself; want to be alone	AF	4.4	26
Blame someone else for your problems or the situation you're in	AF	2.2	27
Take drugs to release your tensions, such as sedative or psychotropic drugs	AF	1.1	28
Drink alcoholic beverages	AF	1.1	28

A = Affective focus coping

P = Problem solving focus coping

Table A9 Mean score and standard deviation on patients' quality of life aspects (range on each item was 1 – 5; higher score reflected better quality of life)

Items of Qol	Mean	Standard deviation
Satisfied with working capacity	2.21	.99
Money to meet the needs	2.24	.78
Satisfied with sexual activity	2.49	1.11
Satisfied with performing activity daily living	2.58	1.01
Need of medical treatment	2.60	.88
Energy for every day life	2.67	.75
Physical pain disturbance	2.68	1.02
Ability to accept bodily appearance	2.73	1.01
Ability to get around physically	2.78	1.12
Availability of the needed information	2.79	.80
Satisfied with self	2.85	1.10
Opportunity for leisure activities	2.90	.89
Concentration ability	2.93	.81
Sleep satisfaction	2.97	1.10
Satisfied with transportation	3.03	1.15
Satisfied with personal relationships	3.04	.96
Physical environment health	3.12	.69
Satisfied with access to health services	3.26	1.10
Frequently of the negative feelings such as blue mood, despair, anxiety, depression	3.32	.90
Safety in daily life	3.32	.80
Meaning of life	3.57	.92
Enjoy life	3.66	.94
Satisfied with the conditions of living place	3.66	.88
Satisfied with the support from friends	3.71	.81
Overall scores range from 26 to 130	76.67	12.76

Table A10 Mean score and standard deviation on spouses' quality of life aspects (range on each item was 1 – 5; higher score reflected better quality of life)

Items of Qol	Mean	Standard deviation
Money to meet the needs	2.48	.70
Satisfied with sexual activity	2.58	1.12
Availability of the needed information	2.85	.91
Opportunity for leisure activities	2.91	.72
Ability to accept bodily appearance	3.20	.98
Energy for every day life	3.25	.92
Satisfied with transportation	3.25	1.07
Concentration ability	3.32	.84
Satisfied with working capacity	3.37	.97
Ability to get around physically	3.38	1.03
Sleep satisfaction	3.42	1.02
Satisfied with access to health services	3.42	.99
Physical environment health	3.43	.72
Satisfied with performing activity daily living	3.46	.93
Physical pain disturbance	3.52	1.11
Need of medical treatment	3.54	1.06
Frequently of negative feelings such as blue mood, despair, anxiety, depression	3.55	.99
Satisfied with personal relationships	3.57	.84
Safety in daily life	3.59	.69
Meaning of life	3.65	.89
Satisfied with self	3.68	.89
Enjoy life	3.76	.87
Satisfied with the support from friends	3.78	.85
Satisfied with the conditions of living place	3.81	.74
Overall scores range from 26 to 130	87.30	12.46

APPENDIX B

INFORMED CONSENT

Dear patients and spouses,

My name is Kusman Ibrahim. I am a master student of Faculty of Nursing, Prince of Songkla University, Thailand. I am also work as an educative staff of Nursing Program, Faculty of Medicine, Padjadjaran University. I am conducting a research project for my master degree study. The purpose of this study is to investigate coping and quality of life as well as the relationship between coping and quality of life among patients with chronic renal failure undergoing hemodialysis and their spouses. Information gathered will be used to write report and it will provide valuable information for nurses to improve quality of care to hemodialysis patients and their spouses. If you agree to participate in this study, you will be asked to complete the coping and quality of life questionnaires. To patients, the researcher will interview you, whereas to the spouses, you will be asked to complete it by yourself. It will take time around 30-45 minutes. If you have question about the study, I will be glad to explain it to you. All of your answer and your identity will not be revealed. All information will only be used for purpose of this research project.

There is no risk to participate in this study. Your participation is voluntary in nature, you may withdraw from this study at any time even after start the interview process. There will no penalty or any effect of your decision to refuse to participate in this study. Your

signature in this form will indicate that you understand this form and you willing to participate in this study.

<hr/> Name of patient/spouse	<hr/> Signature	<hr/> Date
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<hr/> Name of investigator	<hr/> Signature	<hr/> Date
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If you still have question, you can contact me at the following address:

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APPENDIX C

COPING AND QUALITY OF LIFE QUESTIONNAIRE

(Form A: Questionnaire for patient)

Code :

Date :

Hospital :

Introduction

This instrument is divided into three parts. Part 1 comprised of demographic data and health information, part 2 comprised of coping styles that used in handle stress situation, and part 3 related to quality of life.

Part 1: Demographic Data Form and Health Information (DDFHI)

A. General demographic data

1 Age years old

2 Gender: () 1. Female () 2. Male

3 Address:

4 Educational background

() 1. No formal education

() 4. Senior high school

() 2. Elementary school

() 5. College/University

() 3. Junior high school

5 Religion

() 1. Islam

() 3. Hinduism

() 2. Christian

() 4. Buddhism

6 Are you still working? () No () Yes, what is your occupation?

() 1. Farmer

() 5. Retired

() 2. Government employee

() 6. House wife

() 3. Private employee

() 7. Others (specify)

() 4. Business person

7 Earned income per month

- () 1. None () 4. RP 1,000,000 – 2,000,000
 () 2. ≤ RP 500,000 () 5. > RP 2,000,000
 () 3. RP 500,000 – 1,000,000

8 How do you think about your income?

- () 1. Enough () 2. Fair () 3. Not enough

9 Way of treatment payment

- () 1. Total reimbursed or insurance
 () 2. Partial reimbursed
 () 3. Total self paid

10 How long have you married with your wife/husband?years

11 How many children do you have?male,female

12 How old is your oldest child now?years old

13 How many family members live in your household?persons

14 Family relationship

- () 1. Good () 2. Fair () 3. Poor

B. Health information

15 Do you have any other additional chronic illness?

- () 1. Yes () 2. No

If yes, please specify the diagnosis and main signs and symptoms,.....

.....

16 How long have you been on hemodialysis?years,months

17 How often have you been on hemodialysis?times/week

18 Present treatment

- () 1. Hemodialysis only
 () 2. Hemodialysis and western medicine
 () 3. Hemodialysis and traditional medicine (specify),

COPING AND QUALITY OF LIFE QUESTIONNAIRE

(Form B: Questionnaire for spouse)

Code :

Date :

Hospital :

Introduction

This instrument is divided into three parts. Part 1 comprised of demographic data and health information, part 2 comprised of coping styles that used in handle stress situation, and part 3 related to quality of life.

Part 1: Demographic Data Form

19 Age years old

20 Gender: () 1. Female () 2. Male

21 Address:

.....

22 Educational background

() 1. No formal education

() 4. Senior high school

() 2. Elementary school

() 5. College/University

() 3. Junior high school

23 Religion

() 1. Islam

() 3. Hinduism

() 2. Christian

() 4. Buddhism

24 Are you still working? () No () Yes, what is your occupation?

() 1. Farmer

() 5. Retired

() 2. Government employee

() 6. House wife

() 3. Private employee

() 7. Others(specify)

() 4. Business person

25 Earned income per month

1. None 4. RP 1,000,000 – 2,000,000
 2. ≤ RP 500,000 5. > RP 2,000,000
 3. RP 500,000 – 1,000,000

26 How do you think about your income?

1. Enough 2. Fair 3. Not enough

27 Way of patient's treatment payment

1. Total reimbursed or insurance
 2. Partial reimbursed
 3. Total self paid

28 How long have you married with your wife/husband?years

29 How many children do you have?male,female

30 How old is your oldest child now?years old

31 How many family members live in your household?persons

32 Family relationship

1. Good 2. Fair 3. Poor

B. Health information

33 Do you have any particular disease/illness?

1. Yes 2. No

If yes, please specify the diagnosis and main signs and symptoms,.....
.....

34 How long have you felt those signs and symptoms?years,months

35 How do you feel your current health?

1. Good 2. Fair 3. Poor

Part 2: Jaloweic Coping Scale (JCS)

Instruction: Please circle a number from 1 (= never) to 5 (= almost always) to show how often you use the following ways to cope with stressful situation regarding to illness and hemodialysis treatment. Then, circle (O) or cross (X) in the column that most closely to you.

Coping Method		Never	Occa- sionally	About half the time	Often	Almost Always
1. Worried about the problems related to disease and treatment	A	1	2	3	4	5
2. Cry, get depressed	A	1	2	3	4	5
3. Work off tension with physical activity or go to somewhere else	A	1	2	3	4	5
4. Hope that things will get better	A	1	2	3	4	5
5. Laugh it off, figuring that things could be Worse	A	1	2	3	4	5
6. Think through different ways to solve the problem or handle the situation	P	1	2	3	4	5
7. Over eat; smoke	A	1	2	3	4	5
8. Drink alcoholic beverages	A	1	2	3	4	5
9. Take drugs to reduce your tension, such as sedative or psychotropic drugs	A	1	2	3	4	5
10. Try to put the problem out of your mind and think of something else	A	1	2	3	4	5
11. Let someone else solve the problem or handle the situation	P	1	2	3	4	5
12. Daydream; fantasize	A	1	2	3	4	5
13. Do anything just to do something, even if you're not sure it will work	P	1	2	3	4	5
14. Talk the problem over with someone who has been in the same type of situation	P	1	2	3	4	5
15. Get prepared to expect the worst	A	1	2	3	4	5
16. Get mad; curse; swear	A	1	2	3	4	5
17. Accept the situation as it is	P	1	2	3	4	5
18. Try to look at the problem objectively and see all sides	P	1	2	3	4	5
19. Try to maintain some control over the situation	P	1	2	3	4	5
20. Try to find purpose or meaning in the situation	P	1	2	3	4	5

Coping Method		Never	Occasionally	About half the time	Often	Almost Always
21. Pray (<i>Shalat</i>); put your trust in God	A	1	2	3	4	5
22. Get nervous or irritable	A	1	2	3	4	5
23. Withdraw from the situation	A	1	2	3	4	5
24. Blame someone else for your problems or the situation you're in	A	1	2	3	4	5
25. Actively try to change the situation	P	1	2	3	4	5
26. Take out your tensions on someone else or something else	A	1	2	3	4	5
27. Take off by yourself; want to be alone	A	1	2	3	4	5
28. Resign yourself to the situation because things look hopeless	A	1	2	3	4	5
29. Do nothing in the hope that the situation will improve or that the problem will take care of itself	A	1	2	3	4	5
30. Seek support or help from family, friends, or significant person	A	1	2	3	4	5
31. Meditate (<i>dzikr</i>), find out the calm mind by doing relaxation technique	A	1	2	3	4	5
32. Try to find out more about the situation so you can handle it better	P	1	2	3	4	5
33. Try out different ways of solving the problem to see which works the best	P	1	2	3	4	5
34. Resign yourself to the situation because it's your fate, so there's no sense trying to do anything about it	A	1	2	3	4	5
35. Try to draw on past experience to help you handle the situation	P	1	2	3	4	5
36. Try to break the problem down into "smaller pieces" so you can handle it better	P	1	2	3	4	5
37. Go to sleep, figuring things will look better in the morning	A	1	2	3	4	5
38. Set specific goals to help you solve the problem	P	1	2	3	4	5
39. "Tell yourself not to worry about it everything will probably work out fine"	A	1	2	3	4	5
40. Settled for the next best thing to what you really wanted	P	1	2	3	4	5

Part 3: WHO Quality of Life – BREF

Instructions: This assessment asks how you feel about your quality of life, health, & other areas of your life. If unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last two weeks. Please read each question and assess your feelings, for the last two weeks, and circle (O) Or cross (X) the number on the scale for each question that gives the best answer for you.

		Very poor	Poor	Fair	Good	Very Good
1	How would you rate your quality of life?	1	2	3	4	5

Item/ Facet		Very dissatisfied	Dissatisfied	Fair	Satisfied	Very satisfied
2	How satisfied are you with your health?	1	2	3	4	5

The following questions ask about how much you have experienced certain things in the last two weeks.

Item/ Facet		Not at all	A little	A Moderate amount	Very much	An Extreme amount
3	To what extent do you feel that physical pain prevents you from doing what you need to do?	1	2	3	4	5
4	How much do you need any medical treatment to function in your daily life?	1	2	3	4	5
5	How much do you enjoy life?	1	2	3	4	5
6	To what extent do you feel your life to be meaningful?	1	2	3	4	5

Item/ Facet		Not at all	A little	A moderate amount	Very much	Extremely
7	How well are you able to concentrate?	1	2	3	4	5
8	How safe do you feel in your daily life?	1	2	3	4	5
9	How healthy is your physical environment?	1	2	3	4	5

The following questions ask about how completely you experience or were able to do certain things in the last two weeks.

Item/ Facet		Not at all	A little	Mode- rately	Mostly	Comple- tely
10	Do you have enough energy for every day life?	1	2	3	4	5
11	Are you able to accept your bodily appearance?	1	2	3	4	5
12	Have you enough money to meet your needs?	1	2	3	4	5
13	How available to you is the information you need in your daily life?	1	2	3	4	5
14	To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

Item/ Facet		Very poor	Poor	Fair	Good	Very good
15	How well are you able to get around physically?	1	2	3	4	5

The following questions ask you to say how good or satisfied you have felt about various aspects of your life over the last two weeks.

Item/ Facet		Very dissatis- fied	Dissati- sified	Fair	Satis- fied	Very satisfied
16	How satisfied are you with your sleep?	1	2	3	4	5
17	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18	How satisfied are you with your capacity for work?	1	2	3	4	5
19	How satisfied are you with yourself?	1	2	3	4	5
20	How satisfied are you with your personal relationships?	1	2	3	4	5
21	How satisfied are you with your sex life?	1	2	3	4	5
22	How satisfied are you with the support you get from your friends?	1	2	3	4	5
23	How satisfied are you with the conditions of your living place?	1	2	3	4	5

Item/ Facet		Very dissatis- fied	FDissati sfied	Fair	Satis- fied	Very satisfied
24	How satisfied are you with your access to health services?	1	2	3	4	5
25	How satisfied are you with your transport?	1	2	3	4	5

The following question refers to how often you have felt experienced certain things in the last two weeks

Item/ Facet		Never	Seldom	Quite often	Very often	Always
26	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	1	2	3	4	5

APPENDIX D

The correspondence items with each dimension of WHOQoL-BREF

Dimension	Items	Question Number
Overall QoL and general health	a. Overall QoL	1
	b. Satisfaction with health	2
I Physical health	1. Pain and discomfort	3*
	2. Dependence on medical treatment	4*
	3. Energy and fatigue	10
	4. Mobility	15
	5. Sleep and rest	16
	6. Activities of daily living	17
	7. Work capacity	18
II Psychological health	8. Positive affect	5
	9. Spirituality	6
	10. Thinking, learning, memory and concentration	7
	11. Body image and appearance	11
	12. Self-esteem	19
	13. Negative affect	26*
IV Social relationships	14. Personal relationships	20
	15. Sexual activity	21
	16. Social support	22
V Environment	17. Physical safety and security	8
	18. Physical environment (pollution, noise, traffic, climate)	9
	19. Financial resources	12
	20. Opportunities for acquiring new information and skills	13
	21. Participation in and opportunities for recreation/leisure activities	14
	22. Home environment	23
	23. Health and social care: accessibility and quality	24
	24. Transportation	25

* Questions with negative direction