

## HEALTH RELATED QUALITY OF LIFE IN PATIENTS WITH CORONARY DISEASE: PSYCHOLOGICAL AND SOCIO- DEMOGRAPHICAL DETERMINANTS

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### ABSTRACT

**Purpose:** Coronary heart disease is the universal principal cause for decreased quality of life, morbidity, and mortality in adulthood. This study seeks to indicate the psychological and socio-demographical determinants of the health related quality of life in patients with coronary disease in Tetovo.

**Methodology:** The research instrument used consists of socio-demographic questions and four tests: Cohen's stress measurement questionnaire, Beck's depression measurement questionnaire, Beck's anxiety measurement questionnaire and the quality of life measurement questionnaire (WHOQOL-Brief ). The sample of the study consists of N=100, including patients with heart coronary diseases treated in Clinical Hospital in Tetovo.

**Results:** Findings revealed that psychological variables (stress, depression and anxiety) indicates significant negative correlations with quality of life and its dimension. In terms of demographic variables, duration of disease is in significant correlation with QOL and psychological variables, type of duration is in significant correlation with QOL, age is in negative significant correlation with stress and QOL. There was no significant role at prediction of health related quality of life in terms of patient's age, gender, residence, employed, education and marital status.

**Conclusion:** It concluded that duration of disease, the oldest age, decreased psychological well-being, higher psychological distress might make patients with coronary heart disease more prone to decreased health related quality of life.

**Keywords:** Coronary disease, quality of life, stress, depression and anxiety.