

# The effect of coping style and self-efficacy on anxiety, depression and life satisfaction in patient-partner couples after stroke

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## Background

The close relationship between stroke patients and their partners suggests an interdependence in their (emotional) functioning. In patient-focused research, coping styles and self-efficacy have been shown to affect patients' emotional health.

## Methods

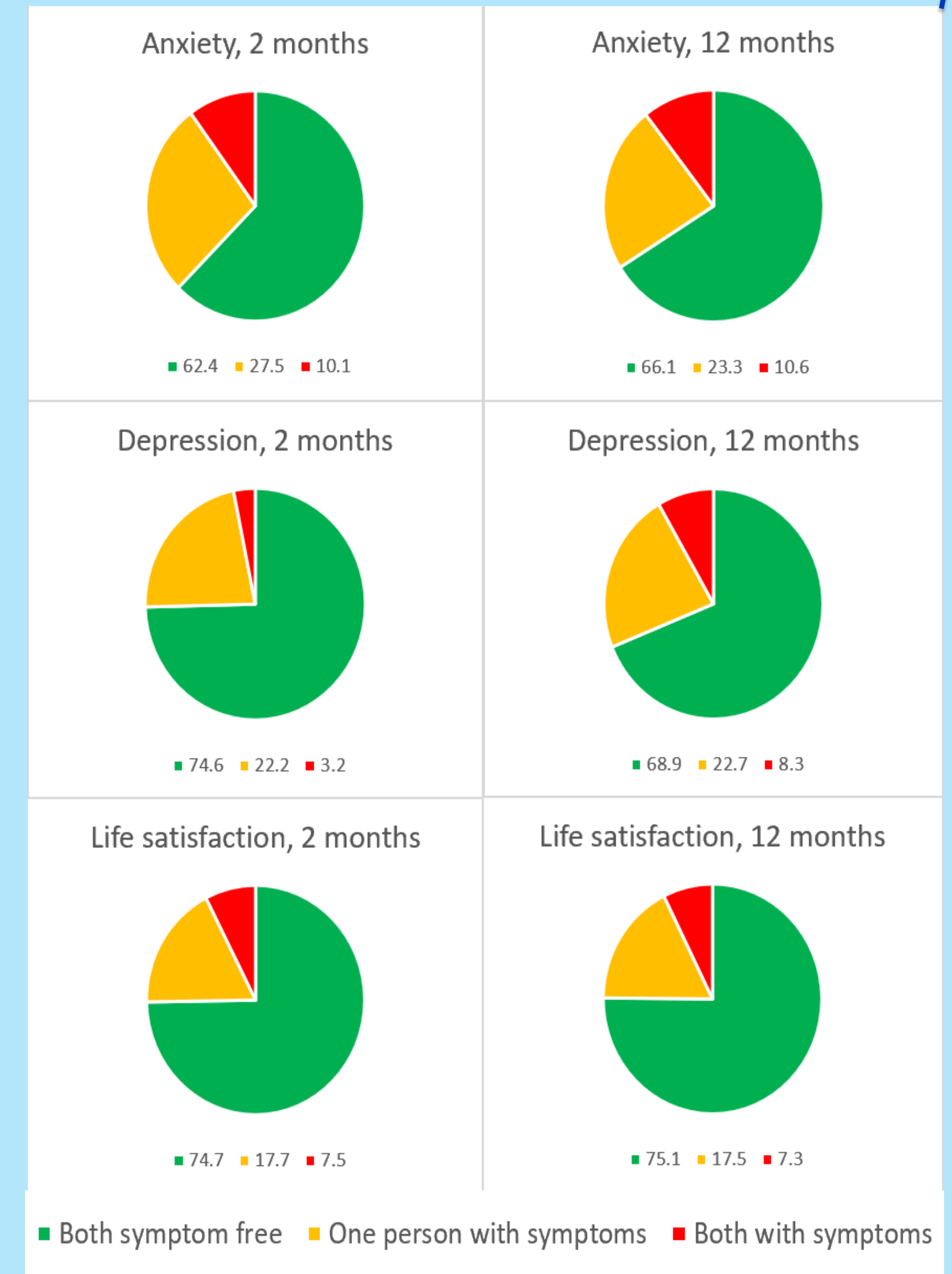
- Restore4Stroke Cohort study, 215 couples
- UPCC (active coping), GSES (self-efficacy), HADS (depression, anxiety), LiSat (life satisfaction)
- Actor partner interdependence model

## Aims

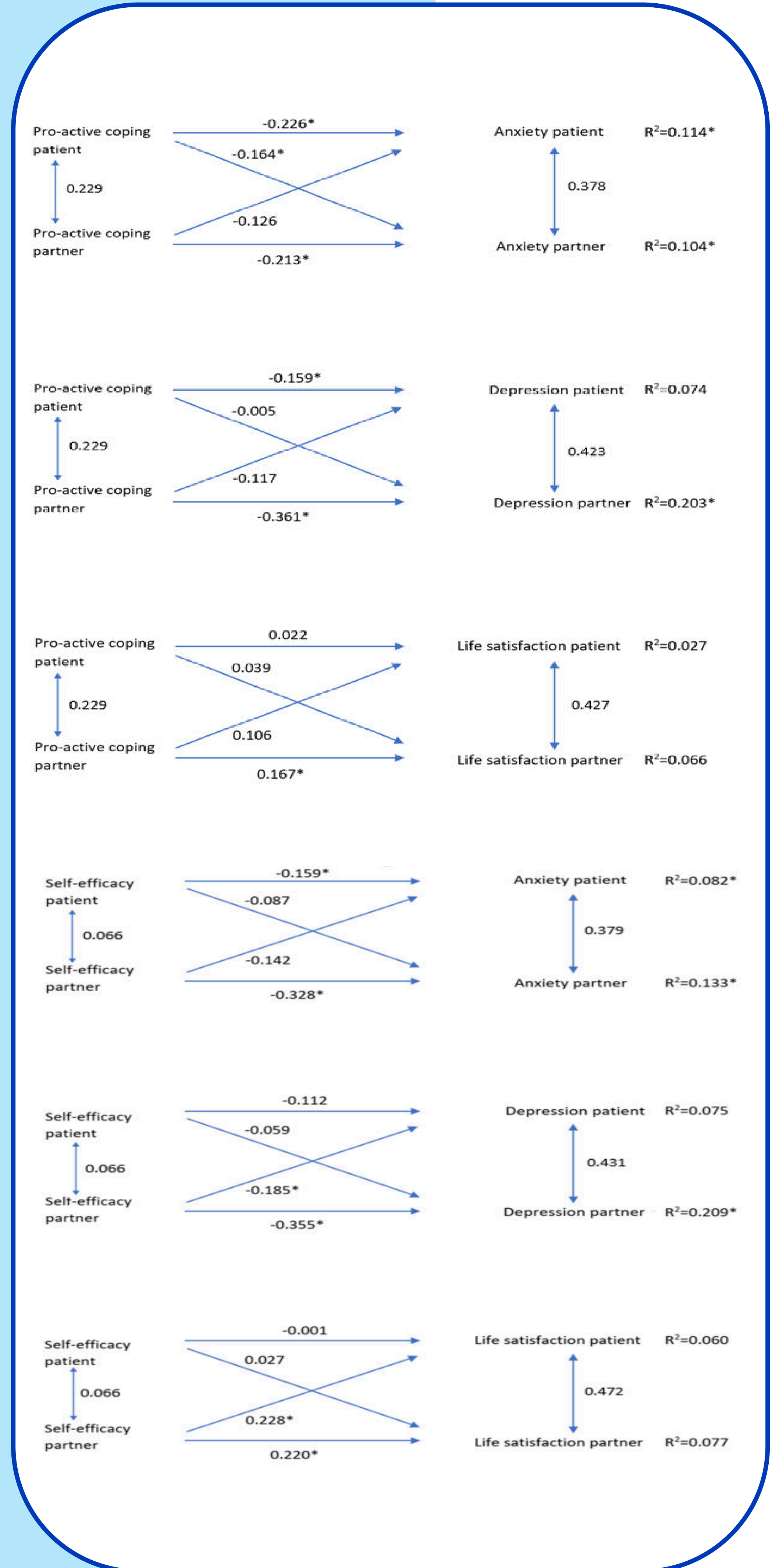
- to determine how many couples suffer from anxiety, depression and low life satisfaction at 2 months and 1 year post-stroke.
- to determine whether symptom-free couples are different in coping style and self-efficacy.
- to determine if the coping style and self-efficacy of one member of the couple is related to the anxiety, depression and life satisfaction of the other member.

## Results

Patients: 64.3 yrs, 78.6% male  
94.9 % ischemic stroke, mean NIHSS 2.6  
Partners: 62.6 yrs, 21.9% male



	2 months post-stroke			1 year post-stroke		
	Symptoms present Mean (SD)	Symptom-free Mean (SD)	P	Symptoms present Mean (SD)	Symptom-free Mean (SD)	P
<b>Anxiety</b>						
	N=69-71	N=115-118		N=54-61	N=110-119	
Active coping patient	62.6 (12.3)	68.1 (9.9)	0.001**	61.9 (11.1)	67.7 (10.1)	0.001**
Active coping partner	62.9 (13.2)	69.1 (10.4)	0.001**	63.0 (12.9)	67.6 (11.4)	0.022*
Self-efficacy patient	31.1 (6.0)	32.8 (6.0)	0.060	31.5 (5.5)	32.5 (6.2)	0.296
Self-efficacy partner	30.9 (5.2)	34.0 (4.0)	<0.001**	31.3 (5.0)	33.1 (4.2)	0.012*
<b>Depression</b>						
	N=45-48	N=139-141		N=50-56	N=114-124	
Active coping patient	60.6 (11.8)	67.9 (10.3)	<0.001**	62.3 (11.5)	67.3 (10.0)	0.004**
Active coping partner	62.4 (14.1)	68.2 (10.7)	0.005**	62.8 (13.1)	67.5 (11.4)	0.024*
Self-efficacy patient	30.1 (5.6)	32.9 (6.1)	0.007**	31.3 (5.0)	32.5 (6.4)	0.232
Self-efficacy partner	31.0 (5.6)	33.4 (4.3)	0.003**	31.4 (5.4)	33.0 (4.1)	0.042*
<b>Life satisfaction</b>						
	N=46-47	N=136-139		N=39-44	N=124-133	
Active coping patient	63.4 (11.1)	67.2 (10.8)	0.041*	65.2 (10.7)	66.3 (10.6)	0.570
Active coping partner	64.4 (13.5)	67.7 (11.2)	0.102	63.7 (11.7)	67.2 (11.4)	0.097
Self-efficacy patient	30.7 (5.5)	32.8 (6.2)	0.050	32.0 (5.5)	32.3 (6.0)	0.794
Self-efficacy partner	31.3 (5.4)	33.4 (4.4)	0.007**	31.7 (4.5)	32.9 (4.5)	0.142



## Take home messages

- In about 25% of stroke patient-partner couples, at least one member suffers from depression or low life satisfaction. For anxiety, this percentage is over 30%.
- Couples without symptoms of anxiety or depression 1 year post-stroke have higher active coping styles of both patient and partner and higher self-efficacy of the partner
- We identified several interpersonal effects within the couples: more pro-active coping of the patient at 2 months is related to less anxiety of the partner at 1 year post-stroke. Higher self-efficacy of the partner at 2 months is related to less depression and more life satisfaction of the patient at 1 year.

