Predictors of Happiness among Hemodialysis Patients

Bahareh Yousefi
Fatemeh Hosseinpour
Ameneh Motalebi
Seyedehzahra Hosseinigolafshani
Qazvin University of Medical Sciences, Iran

Predictors of happiness among hemodialysis patients Abstract:Background: Promotion happiness in patients undergoing hemodialysis could result in valuable physical and psychological outcomes. Therefore, the present study was aimed to determine the predictors of happiness among patients undergoing hemodialysis in Qazvin province, Iran.Method and materials: This descriptive and cross-sectional study was conducted on 200 hemodialysis patients in 2021. The patients were selected using a convenience sampling method based on inclusion / exclusion criteria from three referral centers of hemodialysis in Qazvin province. Demographic checklist, Oxford happiness and hope Snyder questionnaires were used for gathering the data. The regression model was run for determining the predictor factors of happiness.Finding: The mean age of patients who participated in the study was 59.23 ± 14.43 years old. The majority of participants were male (n = 122, 61.0%) and married (n = 134, 67.0%). Most the patients (n = 138, 69%) reported a moderate level of happiness. The results of the multivariate regression model showed that education level, marital status, adequacy of hemodialysis, and hope predicted happiness. As patients with higher hope ($\hat{I}^2$: 0.231, p<0.001) and adequacy of hemodialysis ($\hat{I}^2$:-0.268,p<0.001) reported more happiness. Also, patients with higher educational levels compared with illiterate patients were happier. However, single and widowed patients compared with married ones reported lower happiness. Finally, the variables of this study predicted 47.2 percent of happiness changes.Discussion: Based on the findings of the present study, the happiness of hemodialysis patients was in the moderate level. To improve the happiness of hemodialysis patients and achieving its improvement goals, the health care authorities could pay special attention to the results of this study

Keywords: *Happiness, Hemodialysis, Hemodialysis Adequacy, Hope*