SHBC1491

Abstract Title
Effect of Stress on Coronary Heart Disease Health Outcomes: The Moderating Roles of Self-Efficacy and Physical Activity

Authors
C. NG, B. J. SHEN

Institutions
^Nanyang Technological University, Singapore

Background & Hypothesis
Coronary Heart Disease (CHD) is one of the most prevalent major chronic illnesses and leading causes of mortality. Psychosocial factors, including stress, have been demonstrated to play a substantial role in the onset and progression of CHD. As stress has been linked to poorer CHD outcomes through a confluence of factors, this study examines physical activity and self-efficacy as potential psychological and behavioral factors that may influence the relationship between stress and CHD health outcomes defined by 6 Minute Walk Test (6MWT) and emotional and physical health-related quality of life (HRQoL).

Methods
Two hundred and three CHD patients (M = 62.8, 80.5% men) in a community-based cardiac rehabilitation program in Singapore were assessed with a battery of questionnaires, including perceived stress, cardiac self-efficacy, and HRQoL.

Results
Hierarchical multiple regression analyses showed a significant interaction between stress and self-efficacy on emotional (b = .167, p < .01) but not physical HRQoL. Simple slopes analysis showed that for patients with lower self-efficacy, higher stress was significantly related to lower emotional HRQoL (b = -1.15, p < .01). In contrast, for those with higher self-efficacy, although higher stress remained significantly associated with lower emotional HRQoL, its effect was significantly weaker (b = -.77, p = .00). In addition, physical activity was not a significant moderator of stress on either HRQoL or 6MWT results.

Discussion & Conclusion
The findings suggest that enhancing cardiac self-efficacy may ameliorate the detrimental impact of stress on mental health functioning among recovering CHD patients in rehabilitation.