



Service Priorities and Programmes Electronic Presentations

Convention ID: 115

Submitting author: Miss Mei Yui SO

Post title: Other(Please specify):, Pamela Youde Nethersole Eastern Hospital

Effectiveness of New Psychological Group Intervention in Cardiac Rehabilitation in Reducing Cardiac Anxiety and Enhancing Quality of Life

Kwok CYI(1), Leung KC(2), Tang SW(2), Kaur S(2), So MY(3), Li HKP(3)

(1) Department of Clinical Psychology, Tung Wah Eastern Hospital(2) Cardiac Rehabilitation and Resource Centre, Department of Medicine and Rehabilitation, Tung Wah Eastern Hospital

(3) Department of Clinical Psychology, Pamela Youde Nethersole Eastern Hos

Keywords:

Heart and Mind

Cardiac rehabilitation

Psychological intervention

Treatment groups

Introduction

Recent cardiac research on psychological risk factors has shifted the attention to Cardiac Anxiety which involves fear of heart sensations, avoidance behaviors and heart-focused attention. Cardiac anxiety has adverse impact on rehabilitation outcome and reduces quality of life when cardiac patients are overwhelmed with cardiac-related worries and engage in avoidance behaviors. In view of this, a new psychological group intervention for cardiac patients (“Heart and Mind”) was designed and run by clinical psychologist (CP) to reduce their cardiac anxiety level by teaching them coping strategies, so as to enhance life satisfaction and promote positive emotion. With collaboration between Cardiac Rehabilitation and Resource Centre and Department of Clinical Psychology, six “Heart and Mind” groups were conducted in 2015-16. Each group consisted of four 2-hour weekly sessions and a booster session two months later.

Objectives

To evaluate the effectiveness of “Heart and Mind” for cardiac patients in reducing cardiac anxiety, enhancing life satisfaction and promoting positive emotion.

Methodology

Patients undergoing cardiac rehabilitation who aged 30 – 80 and with minimum of six years of education and cardiac anxiety symptoms were enrolled to the “Heart and Mind” groups. Participants completed Cardiac Anxiety Questionnaire (CAQ), Life Satisfaction Scale (LSS) and Positive Emotion Scale (PES) at four time points (intake, 1st, 4th and booster session).

Result

Forty-six patients (67% male) participated in the “Heart and Mind”. Comparing the

result between the 1st and booster session, participants reported significant reduction in both CAQ-Total ($p < .05$) and CAQ-Fear ($p < .01$) scores and significant enhancement in LSS ($p < .05$) and PES ($p < .01$). Mean percentage of CAQ-Total dropped from 44% to 37%, while CAQ-Fear dropped by 12%. Mean percentage of LSS and PES increased from 67% to 74% and 54% to 64% respectively. Although no significant drop was found in both CAQ-Avoidance and CAQ-HFA, a trend of further improvement in all measured items found in 2-month booster session suggested the sustained impact of the programme on the participants. Besides, 97.3% of participants were satisfied with the group intervention.

Conclusion

Psychoeducation of cardiac patients to adopt adaptive coping strategies could reduce patients' cardiac anxiety, enhance life satisfaction and promote positive emotion.