Relationship Between Emotional Intelligence and Illness Perception in Leukemia Patients in Selected Hospitals of Tehran University of Medical Sciences in 2023

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ABSTRACT

Introduction: Leukemia patients experience low emotional status and basic mental disorders, which can affect the patient's ability to adapt to cancer and their compliance with treatment. One of the key components in adapting to the disease is the patient's perception of the disease, which refers to their understanding or image of their health condition. Emotional intelligence is important in psychological well-being and essential in adapting to stressful life events. This study aimed to determine the relationship between emotional intelligence and disease perception in leukemia patients.

Methods and Materials: This descriptive correlational study was conducted on 200 patients with leukemia. The research tools included a demographic information form, Schutte's Self-Report Emotional Intelligence Test and the Brief Illness Perception Questionnaire. Data analysis was performed using SPSS software version 16, using descriptive and inferential statistics.

Results: The average age of the participants was 36.83 ± 11.13 years, with an range of 18 to 69 years. Most patients were male (62%) and married (66.5%). There was a significant relationship between emotional intelligence and illness perception(p = 0.011) and disease recurrence (p = 0.012). The mean emotional intelligence and illness perception score in leukemia patients was 127.17 out of 165 and 37.45 out of 80, respectively. There was a negative and significant correlation between emotional intelligence and illness perception (p = 0.001; r = -0.477).

Conclusion and Discussion: Patients who were not in the disease recurrence stage exhibited higher emotional intelligence and a more positive perception of their illness compared to others. The recurrence of the disease can negatively impact a patient's perception and emotional well-being. In such situations, patients often experience more tension and anxiety, and with each episode of recurrence, their energy and strength may decrease due to the severity of the illness. Research indicates that patients with higher emotional intelligence tend to have a more positive outlook on their condition. Therefore, implementing programs and interventions aimed at enhancing emotional intelligence could improve patients' perception of their illness. By fostering a more positive perception, patients may also experience improved coping mechanisms, better adherence to treatment, and an overall enhancement in their quality of life.

Keywords: Emotional intelligence, Hospitals, Leukemia

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