

## **Quality of life and methods of coping with stress depending on the used form of therapy of rheumatoid arthritis treatment**

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### **ABSTRACT**

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**Introduction:** There are studies, which prove a positive influence of biological drugs on effects of medical therapy but there are few of them, which focus on aspects of quality of life and coping with stress.

**Purpose:** To assess quality of life (QoL) and methods of coping with stress depending on the used form of therapy of rheumatoid arthritis (RA) treatment.

**Materials and methods:** Comparative analysis included 64 patients: I group B – treated with the method of biological agents; II group T - treated according to rheumatologic standards. The study used: Short Form 36 (SF-36)- general questionnaire use for assessment QoL, HAQ (Health Assessment Questionnaire) scale of functional efficiency, Mini-COPE inventory for coping with stress.

**Results:** Assessment of QoL with the use of the SF-36 questionnaire showed low QoL of patients in both groups. Higher QoL was observed in group B in all domains except PF domain where group T got a higher score. Analysis of QoL within total

physical and mental health assessment also indicated higher QoL of patients from group B relatively PCS (39.8% vs. 33.5%) and MCS (56.9% vs. 40.9%;  $p < 0.001$ ). Analysis of coping with stress showed that the most common strategies of coping with stress in group B are positive: sense of humour (1.06 vs. 0.61;  $p = 0.008$ ) and planning (1.95 vs. 1.81), positive redefinition (1.59 vs. 1.48), acceptance (2.00 vs. 1.95). Whereas among patients in group T the strategy 'turn to religion' prevails (1.44 vs. 0.91;  $p = 0.014$ ).

**Conclusions:** Biological agents favourably affect assessment of QoL and a degree of functional disability in patients with significant intensification of the disease symptoms. In patients treated with biological drugs using positive strategies of coping with stress, and difficult situation is observed. Patients treated with biological drugs show better satisfaction from treatment and fewer unfavourable symptoms resulting from the used therapy.

**Key words:** Quality life, SF-36; rheumatoid arthritis, coping with stress

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