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HEALTH SCIENCES

AN ANALYSIS OF THE RELATIONSHIP BETWEEN STRESS, SELF-EFFICACY, SOCIAL SUPPORT, AND HEALTH-RELATED QUALITY OF LIFE AMONG WOMEN LIVING WITH INTERSTITIAL CYSTITIS IN THE UNITED STATES (252 pp.)

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The purpose of this study was to analyze the relationships between stress, self-efficacy, social support, and health-related quality of life among women living with interstitial cystitis (IC) in the United States (U.S.). In addition, this study examined self-efficacy as a mediator in the relationship between stress and health-related quality of life and social support as a moderator of the impact of self-efficacy on health-related quality of life in women living with IC when controlling for stress. IC is a chronic condition with the potential for substantial impact on quality of life.

Using a systematic and purposive approach, a sample of 1,387 women living with IC was recruited to complete a cross-sectional, web-based, anonymous instrument. This instrument contained 155 items, measuring health-related quality of life, social support, stress, self-efficacy, disease severity, co-morbidity, and a variety of demographic variables. Descriptive statistics, Pearson Product Moment Correlation Coefficient tests, and Linear Regression were used to analyze the data.

Findings revealed statistically significant correlations between social support, stress, self-efficacy and health-related quality of life. In addition, self-efficacy was found to be a statistically significant partial mediator of the relationship between stress and health-related quality of life. Contradictory to the theoretical and evidentiary literature,

social support was not found to be a moderator of the relationship between self-efficacy and health-related quality of life. Both qualitative and intervention research are warranted in order to better understand these relationships, as well as how to affect health-related quality of life in this population.