

Analysis on Related Factors of Social Support, Self-efficacy, and Quality of Life in Tuberculosis Patients in Northern District of Taiwan, 2019

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Abstract

Tuberculosis (TB) remains one of the most important chronic infectious diseases threatening human health. In Taiwan, TB is a third-category notifiable infectious disease. Although TB is chronic, airborne transmissible, it can be effectively prevented and treated. The purpose of this study is to investigate the factors related to social support, self-efficacy, and quality of life of TB patients.

The subjects of this study were diagnosed with TB in 2019 and were under treatment. A total of 285 TB cases were enrolled in this study in the Northern District of Taiwan, including Taoyuan City, Hsinchu City, Hsinchu County, and Miaoli County. This study was conducted by a self-administered structural questionnaire.

The results showed that the average age of the subjects was 57 years old. Most of the subjects were male, with an education level of elementary school, married, having children, with a monthly household income of less than 30,000 New Taiwan Dollars, employed, and living in Taoyuan City. There were significant differences between education level, monthly household income, and social support. In self-efficacy, there were significant differences found related to gender, education level, monthly household income, occupation, place of residence, chronic diseases, and post-TB concerns. As for the quality of life, the monthly household income, occupation, chronic diseases,

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side effects of TB treatment, and post-TB worries differed significantly. In summary, the subjects' ages, marital status, monthly household income, occupation, social support, and self-efficacy were the predictors of quality of life, of which social support and self-efficacy were the most explanatory. We recommended regularly assessing the self-efficacy of TB patients, providing relevant channels of assistance, and strengthening social support to improve their quality of life.

Keywords: Northern district of Taiwan, TB patients, social support, self-efficacy, quality of life