Title: The Influence of a Spirituality-Based Intervention on Quality of Life, Depression, and Anxiety in Community-Dwelling Adults with Cardiovascular Disease

Aim and Objectives: Specific Aim #1: Determine the preliminary effectiveness of the spirituality-based intervention on health-related outcomes in persons with CVD. Specific Aim #2: Determine the feasibility of the spirituality-based intervention based on satisfaction expressed by patients.

Background: Cardiovascular disease (CVD) remains the leading cause of death and premature morbidity in the United States. CVD is a formidable problem that affects all aspects of a person's life, including physical, mental and spiritual dimensions. In view of the multidimensional effects of CVD, it is essential that nurses utilize a holistic approach to assist patients in attaining and maintaining optimal physical, psychological, and spiritual healing and recovery.

Methods: This pilot study funded by American Holistic Nurses Association used a quasi-experimental, one group pretest-posttest research design. Self-reported quality of life, depression, and anxiety data were provided by cardiac patients recruited from three community-based organizations, (n= 42) at baseline and one month later. The Spirituality Scale developed by the PI assessed study participants' level of spirituality and scoring on the subscales activated one or more of three spirituality-based interventions. Repeated measures analysis of variance was used to evaluate temporal changes in quality of life, depression, and anxiety.

Findings/Results: Preliminary findings suggest that patients are receptive to the spirituality-based interventions used in this study, report feeling comfort and peace after engaging in their interventions, and study protocols can be easily implemented in patients’ homes.

Conclusions: Data collection will be completed and analyzed by Feb. 2009.