

Original Paper

## Relation of patients self-efficacy with control of asthma symptoms

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### Abstract

**Background and Objective:** Improvement in self-care and self-efficacy behaviors has proved to be a vital factor in a successful management of asthma. This study was carried out to determine the relationship of patients self-efficacy with control of asthma symptoms.

**Materials and Methods:** This correlation study was carried out on 257 asthmatic patients (133 men and 124 women) aged 18-35, who referred to Sheykholyayis clinic of Tabriz, Iran, during 2011. Data collection tools included a questionnaire of social-personal specifications, asthma self-efficacy scale questionnaire and asthma control questionnaire as well as patients' spirometer parameters. Data were analyzed using SPSS-17 and Pearson Correlation Coefficient test.

**Results:** Among aspects of self efficacy, the regular use of medicine and patient relation with physician were demonstrated to be  $4\pm 0.6$  and  $2.7\pm 0.7$ , respectively. Among aspects of asthma control, the level of activity restriction resulted by the disease during the past week and the number of spray puffs used during past week were  $3\pm 1.1$  and  $1.5\pm 1.2$ , respectively. There was a significant relation between self-efficacy and asthma control ( $P < 0.001$ ,  $r = -0.378$ ).

**Conclusion:** This study showed that in asthmatic patients, self confidence is an effective factor in the control of asthmatic symptoms.

**Keywords:** Asthma, Self-efficacy, Medicine, Activity restriction

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