



Article

Differences in Resilience, Psychological Well-Being and Coping Strategies between HIV Patients and Diabetics

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Abstract: The aim of the study was to determine the differences in resilience, psychological well-being and coping strategies between patients with HIV and diabetics. The sample included a total of 400 subjects (199 patients with HIV and 201 subjects with diabetes). The instruments applied for data collection were a sociodemographic data questionnaire, the Resilience Scale (Wagnild and Young), the Ryff Psychological Well-being Scale and the Coping Strategies Questionnaire (Sandín and Chorot). The data collection period was approximately 2 years (between February 2018 and January 2020). Based on the results of our work it was found that the subjects with HIV had lower scores than the diabetic subjects in all the resilience factors, except for the factor “feeling good alone”. In addition, the subjects with HIV scored significantly lower than the diabetic subjects on all the variables of psychological well-being. Subjects with HIV used problem-solving coping, social support seeking, positive reappraisal, religious coping and avoidance coping with less frequency than diabetic subjects. However, they used more negative auto-focused coping compared to diabetic subjects. Therefore, subjects with HIV show a different psychological pattern in relation to resilience, psychological well-being and use of coping strategies compared to diabetic subjects.

Keywords: diabetes mellitus; HIV; resilience; psychological well-being; coping strategies



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1. Introduction

Currently, due to factors such as the development of medical technology, scientific advances, new lifestyles and an ageing population, the presence of chronic diseases in society is growing rapidly [1]. The increase in these pathologies is of great importance because the diagnosis of a chronic disease can be a profound, impactful experience. This is associated with the fact that chronicity has complex physical, psychological and social implications, requiring adaptation to new lifestyles, which requires effort and improvement [2,3].

For this reason, certain psychological variables such as resilience, psychological well-being and coping strategies take on great relevance in the approach to chronic diseases. These psychological constructs are related to the prevention and evolution of these pathologies. Resilience is considered to be the ability of the person to deal with the disease, allowing some control over the negative impact of the consequences derived from it [4–8]. The type of coping strategies that subjects use to adapt to their disease condition can anticipate the impact caused by said pathology on the person, since certain strategies can mediate and cushion the effects of stress. Therefore, different authors contend that an active coping style is associated with a better quality of life and greater psychological well-being [9,10]. Psychological well-being has implications for the health of the subjects, as it intervenes in the recovery of illnesses and in the maintenance of health [11].