

Evaluation of Spiritual Well-Being among Patients Undergoing Hemodialysis

Dear Editor

Spirituality is a multifaceted metaphysical concept identified as a core aspect of holistic patient-centered care.^[1] Spiritual well-being (SWB) has two facets as follows: existential well-being and religious well-being. Existential well-being focuses on a person's subjective well-being in terms of the meaning and purpose of existence and their level of contentment with their lives, while religious well-being is concerned with a person's relationship with God and religion.^[2] The SWB of patients undergoing hemodialysis (HD) has been found to be significantly impaired compared to healthy individuals in the general population.^[3] Accurate assessment of SWB helps guide and achieve medical management to enhance their health experience.^[4]

The objective of the study was to evaluate the SWB of patients undergoing HD using the SWB scale, a 20-item instrument.

The cross-sectional study was made up of 234 participants selected through non-probability purposive sampling. Data collection was carried out from July 17 to November 5, 2023. According to the study's inclusion and exclusion criteria, a total of 250 patients were eligible for the study, although nine refused to participate and seven left questionnaires incomplete, resulting in 234 participants with a response rate of 93%. The population comprised patients diagnosed with stage five or terminal chronic kidney disease who attend HD therapy in Najaf Al-Ashraf Centers. Inclusion criteria patients ≥ 18 years who had been on HD for ≥ 6 months. Exclusion criteria involved patients with sensory-perceptual communication problems, hepatitis C and B, dialysis patients experiencing physical symptoms (dizziness, shortness of breath, nausea, and vomiting) that make it difficult to answer the questionnaire, and dialysis patients with psychomental disorders.

Low at the sum of the score (20–53), moderate at a sum of the score (54–87), high at a sum of the score (88–121), cut-off point = 33 Table 1 shows that the overall level of SWB for patients undergoing HD is high at the sum of the score. Based on the distribution of demographic characteristics among a total of 234 patients undergoing HD, regarding age groups, 24.4% of the patients fall within the range of 41–51 years. Males were the majority, representing 50.9%

compared to females. Concerning marital status, 75.6% of the patients were married. In terms of occupation, housewives were the predominant category, representing 26.5%. Nearly half 46.6% reported that their monthly income was somewhat sufficient. Regarding the level of education, 32.1% were able to read and write. Regarding residency, the majority 68.8% of the sample lived in urban areas.

This study was the first of its kind in Iraqi society, aiming to determine the SWB levels of patients undergoing HD. Addressing the research question: What are the levels of SWB among patients undergoing HD? The findings of this study showed that the overall level of SWB for patients undergoing HD is high, as shown in Table 1. Pilger *et al.* conducted a study to evaluate the SWB of patients with chronic kidney disease and discovered comparable results to those in the current study.^[5] Their study indicated high levels of total SWB, with a mean score of 94.8.

Measuring, spirituality a multifaceted construct, is challenging. This research focused primarily on SWB among various measures. SWB is the subjective perception of one's beliefs, measurable through a reliable tool. Moreover, it expresses how well one perceives oneself in terms of what one considers to be "spiritual," which may have existential or religious overtones.^[1] Moreover, a recent study conducted in Iran utilized a tool similar to the one in this study to predict SWB levels. Like the patients in this study, the participants in that study were all Muslims. The findings of that study were similar to those of this study.^[6]

The current study findings show that the level of SWB was high among patients undergoing HD.

Table 1: Overall descriptive evaluation of spiritual well-being of patients undergoing hemodialysis

Spiritual well-being levels	Frequency	%	Mean	Overall evaluation
Low	2	9	95.12	High
Moderate	58	24.8		
High	174	74.4		
Total	234	100		

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Conflicts of interest

There are no conflicts of interest.

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