A Path Analysis Model of Spiritual Well-Being and Quality of Life in Iranian Cancer Patients: a Mediating Role of Hope

Hamid Sharif Nia
Mazandaran University of Medical Sciences, Iran

Rebecca H. Lehto
Michigan State University, United States America

Naiemeh Seyedfatemi
Mobin Mohammadinezhad
Daniyal Kohestani
Iran University of Medical Science, Iran

Maintaining the quality of life (QOL) is vital for adaptation to life-threatening and chronic illnesses such as cancer. Therefore, the evaluation and strengthening of personal psychological resources supporting QOL for cancer patients are paramount. This study investigated the potential mediating role of hope in the relationship between spiritual well-being and QOL in Iranian cancer patients. A correlational predictive design was used with 200 patients with varying types and stages of cancer. Demographic and health characteristics surveys, Spiritual Well-Being (SWB), Adult Hope, and EORTC QLQ-c30 scales were used for measuring the study constructs. Path analysis modeling was used to determine mediation relationships. Patients' QOL was affected by SWB and hope. Religious ($\hat{I}^2$=.205, p=.002) and existential ($\hat{I}^2$=.286, p<.001) SWB dimensions and hope ($\hat{I}^2$=.263, p<.001) improved QOL scores. The presence of hope partially mediated the relationship between SWB and QOL. Quality of life was directly affected by SWB and was further improved by the presence of hope. The study suggests that maintenance of hope is essential to QOL in Iranian patients with cancer.

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