

# Coping Methods among Hemodialysis Patients in Taiwan

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## Abstract

Hemodialysis is a common treatment for patients with end stage renal disease (ESRD). Coping methods are very important factor when dealing with this chronic disease. The purposes of this study are to examine the frequency of different coping methods as well as to investigate the relationship between patient characteristics and different coping methods. We surveyed 2,772 ESRD patients from 13 counties in Taiwan. Descriptive, factor, and regression analyses were used. We found that the most frequently used coping attitudes included having attitudes such as "I cannot do anything except accept the truth," "I look on the bright sight of my situation," "compromises," "I will deal with the problem step by step," and "I try to understand the what is happening to me." The least used coping method was "Get drunk." The regression results indicate that age, marital status, education, job, religion, causes of ESRD, and complications are significant factors associated with different coping methods (including facing challenges or issues passively, looking for assistance, avoiding the problem, and believing in destiny). Nursing staff will be able to offer unique care, health education, and assistance based on the results from this study.

**Key words : dialysis, coping methods, regression analysis**

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