Background

• Self-care behavior as chronic heart failure (CHF) patients clinical care guidelines and disease treatment.
• Resilience and depression are associate with self-care.
• The synergic effects of resilience and depression on self-care in patients with CHF remains unknown.

Objectives

1) Examine the relationships among resilience, depression, and self-care.
2) Determine whether the relationship between resilience and self-care is moderated by severity of depressive symptoms.

Methods

• 128 CHF patients.
• Assessed by Resilience Scale, Beck Depression Inventory-II, and Self-care of Heart Failure Index.
• Multiple regression models were conducted.

Results

1) Resilience was positively associated with self-care maintenance (p < 0.01) and confidence (p < 0.01).
2) Depression was negatively associated with self-care confidence (p = 0.02).
3) Depression moderated the relationship between resilience and self-care maintenance (b = 0.02; p < 0.05).
4) A stronger effect of resilience on self-care maintenance with high level depression compared with low level.

Conclusion

Resilience improves self-care maintenance, confidence and has correlation with high level of depression on maintenance.
To improve self-care in CHF patients should consider the effects of resilience and depression.