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## **Determinants Of Stress And Coping Strategies In Patients With End-Stage Renal Disease On Maintenance Hemodialysis In The Philippines**

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**Objectives :** Patients with end-stage renal disease (ESRD) on maintenance hemodialysis face significant physical and psychosocial challenges. While studies have explored depression and quality of life, data on hemodialysis-related stress and specific coping strategies in the Philippines are limited. This study aimed to assess stress levels and identify coping strategies associated with stress among Filipino ESRD patients undergoing long-term maintenance hemodialysis.

**Methods :** This cross-sectional study included 77 adult patients (mean age 59.1 years; median dialysis duration 36 months) undergoing maintenance hemodialysis for at least six months in a private tertiary hospital. Stress was assessed using the Hemodialysis Stressor Scale, and coping strategies were measured via the Filipino Coping Strategies Scale. Descriptive statistics and univariate linear regression analyses determined associations between coping and stress levels.

**Results :** Seventy-seven patients were included (mean age 59.1 years; median dialysis duration 36 months). Overall, physical, and psychosocial stress scores were below midpoint values, indicating low perceived stress. Religiosity, problem-solving, and cognitive reappraisal were the most frequently utilized coping strategies, while substance use and emotional release were least utilized. However, tolerance ( $\beta = 0.42$ ,  $p = 0.001$ ), social support ( $\beta = 0.29$ ,  $p = 0.010$ ), overactivity ( $\beta = 0.30$ ,  $p = 0.009$ ), and relaxation or recreation ( $\beta = 0.25$ ,  $p = 0.028$ ) were positively associated with hemodialysis-related stress. Sociodemographic variables were not significantly associated with stress levels.

**Conclusions :** Patients demonstrated low perceived stress and predominant use of adaptive coping, suggesting psychological adjustment to chronic treatment. However, positive associations between certain strategies—particularly tolerance—and higher stress suggest that increased coping efforts may reflect unrecognized psychological burden. These findings highlight the need for routine psychosocial screening and culturally sensitive spiritual support in comprehensive hemodialysis care.

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### **Descriptive Statistics of Hemodialysis Stress**

**Table 2.****Descriptive Statistics of the Hemodialysis Stress among the Participants (N = 77)**

| Characteristics                          | Mean (SD)     | Median (IQR)          | Score Range   |
|------------------------------------------|---------------|-----------------------|---------------|
| <b>Overall Hemodialysis Stress Score</b> | 39.60 (16.97) | 39.00 (27.00 – 49.00) | 0.00 to 96.00 |
| <i>Physical Stressors</i>                | 7.87 (4.17)   | 8.00 (5.00 – 10.00)   | 0.00 to 21.00 |
| <i>Psychosocial Stressors</i>            | 31.73 (13.88) | 32.00 (22.00 – 40.00) | 0.00 to 75.00 |



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### Descriptive Statistics of Coping Strategies

| Table 3.<br>Descriptive Statistics of the Coping Strategies among the Participants (N = 77) |             |                    |              |                |
|---------------------------------------------------------------------------------------------|-------------|--------------------|--------------|----------------|
| Coping Strategy                                                                             | Mean (SD)   | Median (IQR)       | Score Range  | Median Ranking |
| Religiosity                                                                                 | 3.59 (0.52) | 3.75 (3.25 – 4.00) | 1.00 to 4.00 | 1              |
| Problem-Solving                                                                             | 3.18 (0.66) | 3.00 (2.75 – 3.75) | 1.00 to 4.00 | 2              |
| Cognitive Reappraisal                                                                       | 2.85 (0.63) | 2.80 (2.40 – 3.40) | 1.00 to 4.00 | 4              |
| Relaxation or Recreation                                                                    | 2.81 (0.56) | 2.80 (2.40 – 3.20) | 1.00 to 4.00 | 4              |
| Tolerance                                                                                   | 2.60 (0.92) | 2.50 (2.00 – 3.50) | 1.00 to 4.00 | 4              |
| Social Support                                                                              | 2.40 (0.63) | 2.33 (2.00 – 3.00) | 1.00 to 4.00 | 5              |
| Overactivity                                                                                | 1.86 (0.58) | 1.80 (1.40 – 2.20) | 1.00 to 4.00 | 7              |
| Emotional Release                                                                           | 1.69 (0.47) | 1.50 (1.50 – 2.00) | 1.00 to 4.00 | 8              |
| Substance Use                                                                               | 1.47 (0.40) | 1.40 (1.00 – 1.80) | 1.00 to 4.00 | 8              |