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## Health locus of control and its relationship with quality of life in HIV-infected patients

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**Statement of the Problem:** The influence of various psychological factors on quality of life (QOL) in HIV infected patients including health locus of control has been well established. In our study, health locus of control (HLOC) in Iranian HIV-infected patients was evaluated and its association with QOL among them investigated.

**Methodology & Theoretical Orientation:** In this cross-sectional study, 80 patients with HIV infection who referred to behavioral and infectious diseases consultation center in health departments of Mashhad University of Medical Sciences in 2015 were recruited by convenience sampling. Patients were assessed for demographic characteristics, HLOC and QOL. Health locus of control beliefs were measured with the multidimensional health locus of control (MHLOC) scale and quality of life with the medical outcome study short-form health survey (MOS-SF-36).

**Findings:** Participants had a mean internal HLOC score of  $30.31 \pm 3.87$ , external HLOC score of  $24.17 \pm 5.03$  and a mean chance HLOC score of  $32.01 \pm 4.49$ . Positive correlation between internal HLOC scores and both physical dimension ( $p < 0.001$ ,  $r = 0.53$ ) and mental dimension of quality of life ( $p < 0.001$ ,  $r = 0.48$ ) was found.

**Conclusion & Significance:** Quality of life was positively influenced in the patients with HIV infection who had internal health locus of control. These findings suggest the importance of considering the psychological characteristics and psychosocial beliefs of patients in evaluation and treatment of patients with HIV infection.

### Biography

Zahra Mostafavian has her expertise in researching about health including mental health. She has done several researches about validation of health questionnaire in her country.

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