Chapter Five

CONCLUSION, LIMITATIONS AND FUTURE RESEARCH SUGGESTIONS

5.1. Conclusion

Findings of the present study based on descriptive and inferential statistics with regard to the dependent variables, namely, health anxiety and symptoms of stress, and independent variables i.e. gender (male and female) and type of disease patients (diabetics, hypertensive, and coronary artery disease) have led to certain conclusion.

1. Significant effect of gender was found on overall scores of health anxiety as well as factors of health anxiety, namely, fear of illness, and interference with life.

2. Significant effect of diseases was found only on reassurance seeking behavior factors of health anxiety.

3. No significant interaction effects of gender and disease were found on overall scores of health anxiety as well as factors of health anxiety, namely, health worry and preoccupation, fear of illness, reassurance seeking behavior, and interference with life.

4. Female patients with diabetes, hypertension, and CAD scored significantly higher than their counterparts on health anxiety and factors of health anxiety: health worry and preoccupation, fear of illness, reassurance seeking behavior, and interference with life.
5. Significant effect of gender was found on overall scores of stress symptoms as well as on mental symptoms, physical symptoms, emotional symptoms, and social symptoms of stress.

6. Significant effect of disease was not found on overall scores of stress symptoms as well as on mental symptoms, physical symptoms, and emotional symptoms of stress.

7. Significant interaction effects of gender and diseases were not found on overall scores of stress symptoms as well as on mental symptoms, physical symptoms, emotional, and social symptoms of stress.

8. Female patients with diabetes, hypertension, and CAD scored significantly higher than male patients on overall scores of stress symptoms as well as on mental symptoms, physical symptoms, emotional, and social symptoms of stress.

5.2. Limitations

The present study has certain limitations from the investigator's point of view:

1. As regards to sample, the present study was conducted on Type 2 diabetes patients. It could have been better if the investigator collect the data from the Type 1 diabetes patients also.

2. Similar is the case with the CAD patients. In the present study, the investigator has taken into account all the cases of angina pectoris and myocardial infarction under one category i.e. CAD. It could have been better if the investigator analyzes
the data based on angina pectoris and myocardial infarction cases separately to examine the influence of disease on health anxiety and symptoms of stress.

3. The age, occupation, and duration of illness factors need to be given due consideration. These are changeable variables.

The above mentioned limitations no way undermine the importance and scope of this study.

5.3. **Future Research Suggestions**

The investigator has the following suggestions to conduct future researches in the field of health psychology with these and related variables.

- More research is needed to focus on the relationship between factors as well as overall health anxiety and certain other stress-related disorders, namely, gastrointestinal disorders, respiratory disorders, dermatological disorders, musculoskeletal disorders, and affective disorders.

- Studies focusing on cardiovascular disorders and endocrine disorders and its impact upon and interaction with mental health status and social context are needed.

- Research is needed into the psychological impact of being told to the patients that he is suffering from diabetes, CAD, and hypertension.

- Diabetes is a life-threatening disease which develops the feeling of hopelessness. Management of this disease is a main goal in the lives of diabetic patients.
■ Research design to understand the experiences of treatment modes i.e. how interventions can improve their well-being is needed.

■ Research is needed at the level of analysis in health care of patients suffering from various stress-related disorders. That is, how health care affecting individual health status such as longevity, quality of life and work life.

■ One important feature which needs to be considered in the prospective studies is the positive psychological states. The concept of meaning in life, hope, optimism should be studied with coping behavior.

The investigators of future studies may gain substantially by giving due consideration to the limitations of this study and suggestions offered for future research in this area.