

Concept analysis of coping with multiple sclerosis

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Abstract

Objective

The concept of coping with disease appears frequently in the literature; however, there is no precise definition of coping. The aim of this study is to clarify coping concept, and to identify its attributes, antecedents, and consequences in patients with multiple sclerosis.

Methods

Rodgers' evolutionary method of [concept analysis](#) was used to clarify the concept of coping. A literature review was conducted with key terms 'multiple sclerosis', 'coping', 'adjustment', and 'deal with'. After searching databases, 1370 papers were found for the period 1995–2017. Finally, 55 articles and texts were selected for analysis. Data analysis was carried out using [thematic analysis](#). An independent researcher checked the process to ensure credibility and reduce personal bias.

Results

Coping with multiple sclerosis is a multidimensional concept with three main attributes: maintenance of emotional balance, acceptance of the disease, and self-regulation.

[Social support](#), awareness toward the disease, attitude toward the disease, and religious-spiritual beliefs were found as antecedents. Health promotion, adherence to treatment regimen, independence in personal life and social relationships, and improvement of family relationships were found as consequences of these attributes.

Conclusion

These findings not only add to the body of knowledge in health science, but also serve as an important motivation for further theory development and research in this context. Nurses and [health professions](#) can also benefit from a deeper understanding of coping concept in providing and planning healthcare for these patients

