



Development of Life Stressors Scale for Peptic Ulcer Patients in Pakistan: Disease Specific Scale!

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Abstract

Objective: To develop Life Stressors scale for peptic ulcer patients in Pakistan.

Method: A Cross-sectional study was done with four stage model of scale development conducted at Lahore, Rawalpindi and Islamabad Pakistan from March 2020 to February 2021. Scale was developed in which four stages of scale development include: Item generation, expert validation, pilot study and psychometric study. Sample consists of peptic ulcer patients with age range between 18-60 years.

Results: Total 125 patients were taken in which there were 62 (49.6%) males and 63(50.4%) females. Overall mean age range was 34 years. Exploratory factor analysis with varimax rotation was done. Total 18 items were revealed with two subscales, Somatic problems and social disruption with high internal consistency($r=.84$).

Conclusion: It will helpful to measure the stressors of the patients having peptic ulcer as researches proves that life stresses are one of the major cause of this disease. It will further help the clinical psychologist to work on those stressors so the adverse effects of peptic ulcer can be minimized.

Keywords:

Introduction

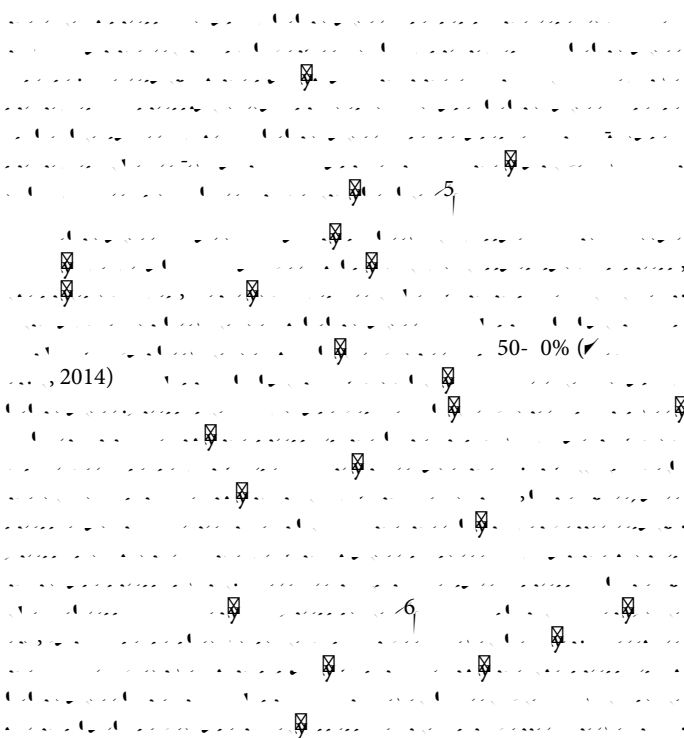
Peptic ulcer disease (PUD) is a common gastrointestinal disorder characterized by the presence of ulcers on the lining of the stomach or the first part of the small intestine. The disease is caused by an imbalance between the aggressive and defensive factors of the gastric mucosa. The aggressive factors include gastric acid and pepsin, while the defensive factors include the mucus and bicarbonate barrier, and the mucosal blood flow. The imbalance between these factors leads to the formation of ulcers, which can cause pain, bleeding, and perforation. The prevalence of PUD is high worldwide, with a higher incidence in developed countries. The disease is often associated with stress, which can exacerbate the symptoms and delay the healing process. Therefore, it is important to identify and measure the stressors that contribute to the development and maintenance of PUD. This study aims to develop a disease-specific scale for measuring life stressors in peptic ulcer patients in Pakistan. The scale will consist of 18 items, divided into two subscales: Somatic problems and social disruption. The scale will be validated and tested for reliability and validity. The results of this study will help clinicians and researchers to better understand the role of stress in PUD and to develop more effective treatment strategies.

Stress is a complex phenomenon that can be defined as the response of the body to any demand or challenge. It is a natural part of life and can be both positive and negative. Chronic stress, however, can have harmful effects on the body, including the development of PUD. Stress can increase the production of gastric acid and decrease the production of mucus, leading to an imbalance in the gastric mucosa. Additionally, stress can affect the immune system, making the body more susceptible to infections and inflammation. Therefore, it is important to identify and measure the stressors that contribute to the development and maintenance of PUD. This study aims to develop a disease-specific scale for measuring life stressors in peptic ulcer patients in Pakistan. The scale will consist of 18 items, divided into two subscales: Somatic problems and social disruption. The scale will be validated and tested for reliability and validity. The results of this study will help clinicians and researchers to better understand the role of stress in PUD and to develop more effective treatment strategies.

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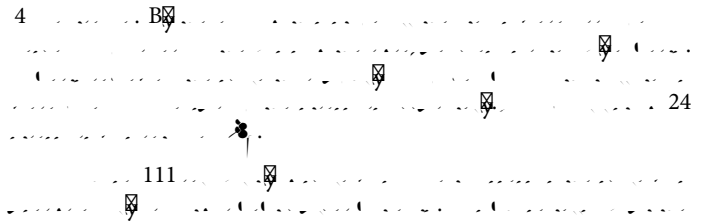
Subject and Methods

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