

Life satisfaction in persons surviving cardiac arrest: a nationwide registry study

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Background

The aim was to explore life satisfaction in persons surviving cardiac arrest.

Material and methods

This nationwide study was based on data from the Swedish Registry for Cardiopulmonary Resuscitation. Cardiac arrest survivors ≥ 18 years who had completed the Life Satisfaction Questionnaire 11 (LiSat-11) during registry follow-up at 3-12 months were included. LiSat-11 includes one item about satisfaction with life as a whole and 10 specific items/domains. Data were analyzed with descriptive statistics and Spearman correlations with 95% bootstrapped confidence intervals.

Results

This study included 498 out-of-hospital- and 937 in-hospital cardiac arrest survivors. The mean age was 65.9 (SD=13.3) years, and the majority were men (70%). Survivors were most satisfied with the domains partner relation (85.6%) and family life (82.2%) and least satisfied with sexual life (31.4%) and physical health (40.8%). More than half of the survivors were satisfied with life as a whole (60.5%) (Figure 1). Leisure was strongest associated with life as a whole ($r_s=0.60$, CI=0.55-0.65) followed by psychological health ($r_s=0.59$, CI=0.55-0.64), vocation ($r_s=0.59$, CI=0.55-0.64), physical health ($r_s=0.56$, CI=0.51-0.60), friends ($r_s=0.50$, CI=0.45-0.56), family life ($r_s=0.47$, CI=0.42-0.53), self-care ($r_s=0.44$, CI=0.39-0.50), sexual life ($r_s=0.43$, CI=0.37-0.48), partner relation ($r_s=0.39$, CI=0.33-0.44) and economy ($r_s=0.38$, CI=0.32-0.44). All correlations had a p-value < 0.001 .

Conclusion

Physical health, vocational, and leisure domains were rated as least satisfying by the CA survivors. These domains were also most strongly associated with life as a whole. Therefore, to improve overall life satisfaction, targeted interventions for these dimensions seem to be of greatest importance.

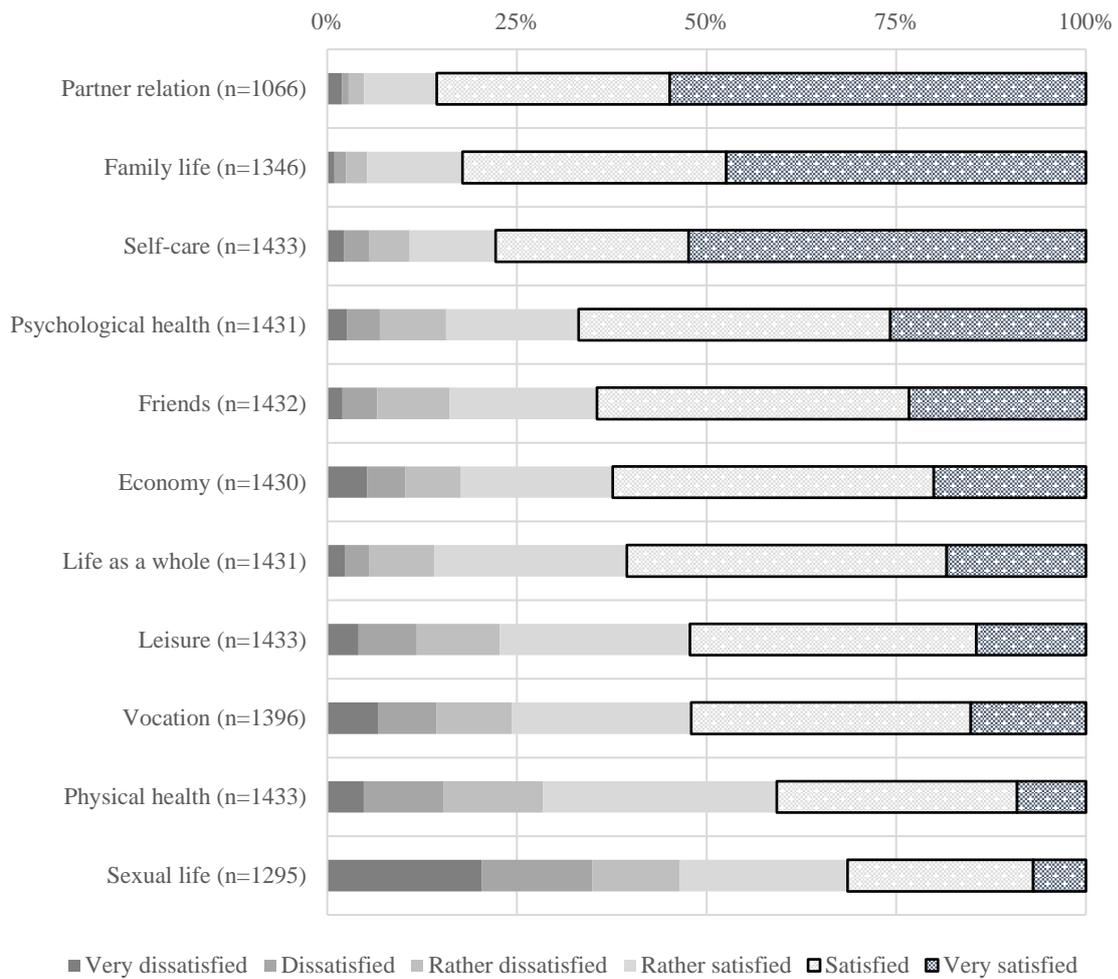


Figure 1. Reported domains and ranking of LiSat-11. The domains family life and partner relation are only reported if it is relevant to the survivor.