

**Beyond the "Self" in Self-Efficacy:
Spouse Confidence Predicts Patient Survival Following Heart Failure**

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Abstract

Ratings of patient efficacy to manage illness, made by 191 congestive heart failure patients and their spouses, were examined as predictors of the patient's survival over the next 4 years. When considered alone, both the patient's self-efficacy and the spouse's confidence ratings predicted survival, but only spouse confidence remained significant when both partners' efficacy ratings were included in the same Cox regression model. The overlapping prognostic significance of spouse confidence and a global, multi-component measure of marital quality positioned the former as a proxy for the latter, reflecting a fundamentally social protective factor in patient survival. Successful adaptation to heart failure appears to involve more than the patient's personal agency, and psychosocial data from spouses can improve prediction of patient outcomes.

Reference:

Rohrbaugh, M.J., Shoham, V., Coyne, J.C., Cranford, J.A., Nicklas, J.M., & Sonnega, J. (2004). Beyond the "self" in self-efficacy: Spouse confidence predicts survival following heart failure. *Journal of Family Psychology*, 18, 1-10.