



Analysis of the Influence of Psychosocial Support on the Quality of Life of Patients with Chronic Diseases

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ABSTRACT

This research examines the influence of psychosocial support on the quality of life (QoL) of patients with chronic illnesses. Recognizing that chronic diseases can significantly impair both physical and emotional well-being, this study aims to elucidate the multifaceted roles that family, healthcare providers, and community networks play in enhancing QoL among affected individuals. Using a mixed-methods approach, data were collected from a diverse sample of chronic illness patients through surveys and interviews, focusing on the impact of different types of psychosocial support on various QoL domains: physical, psychological, social, and environmental. The findings reveal a strong positive correlation between psychosocial support and QoL, with family support being particularly effective in improving psychological and social well-being, while healthcare provider support significantly impacts physical health outcomes. Community support was also found to enhance social connections and emotional resilience, underscoring the importance of a holistic approach to chronic illness management. Despite challenges such as subjective variations in QoL measures and diverse support needs across different chronic conditions, the results advocate for the integration of comprehensive support programs within healthcare systems. This study contributes to the existing literature by providing a nuanced understanding of how various forms of psychosocial support uniquely influence QoL in chronic illness patients. The implications for healthcare practices and policies emphasize the need for tailored interventions that address the diverse and evolving needs of patients, ultimately fostering resilience and promoting better health outcomes.

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1. INTRODUCTION

The rising prevalence of chronic diseases globally has placed significant emphasis on not only managing physical symptoms but also addressing the overall well-being of affected individuals (Disease & Cluster, 2002). Chronic diseases, such as cardiovascular disease, diabetes, cancer, and respiratory illnesses, often lead to prolonged health challenges that fundamentally alter patients' lives. Unlike acute illnesses that may be resolved with medical intervention, chronic conditions persist, requiring ongoing care and adjustment in daily life. As a result, chronic illness can negatively impact patients' physical, mental, and social well-being, leading to diminished quality of life (QoL). Thus, improving

QoL for chronic disease patients has become a central goal of both healthcare systems and researchers (Megari, 2013).

One key factor that influences the quality of life for individuals with chronic diseases is psychosocial support. Psychosocial support encompasses a broad range of emotional, psychological, and social resources that help patients cope with the challenges of their condition. This support may come from family members, friends, healthcare providers, community organizations, or support groups (Arora et al., 2007). The fundamental role of psychosocial support is to assist individuals in managing stress, fostering resilience, and improving their sense of control and well-being. Studies have shown that psychosocial support can contribute significantly to improved outcomes, including better treatment adherence, enhanced mental health, and even prolonged life expectancy for chronic disease patients.

The importance of psychosocial support is increasingly recognized in chronic disease management, where physical treatments alone are often insufficient to address the broader aspects of patient well-being (Page & Adler, 2008). Chronic illnesses often require lifestyle adjustments, and patients may experience psychological distress due to the unpredictability of their condition, potential disabilities, and social stigma. Psychosocial support can offer patients an outlet to express their frustrations, share their experiences, and gain insights into coping mechanisms that enhance their resilience. Furthermore, this support fosters social connectedness, which can mitigate feelings of isolation a common experience among those with chronic illnesses (Smith et al., 2020).

Prior studies on the impact of psychosocial support on the quality of life (QoL) of chronic illness patients underscore the crucial role that emotional and social resources play in enhancing well-being alongside medical treatment. Research consistently indicates that psychosocial support can mitigate the psychological distress often associated with chronic conditions, such as anxiety, depression, and feelings of isolation. For instance, studies on cancer patients reveal that those who participate in support groups or receive counseling report significantly higher levels of emotional stability and life satisfaction (Cordova et al., 2003). These findings suggest that psychosocial support not only addresses emotional needs but also strengthens coping mechanisms, fostering resilience in the face of ongoing health challenges.

A considerable body of research highlights the effectiveness of family and community support in improving QoL for chronic disease patients (Xie et al., 2016). Family members, as primary caregivers, often provide both emotional encouragement and practical assistance, which can alleviate patients' stress and foster a greater sense of security and connection. Community support programs, including peer support groups and outreach initiatives, have also proven beneficial (Sokol & Fisher, 2016). Studies indicate that patients who engage in community support networks experience enhanced social connectedness, which has a positive effect on their overall QoL, reducing feelings of loneliness and social withdrawal.

Additionally, studies have examined the influence of healthcare provider support, particularly in chronic conditions like diabetes, cardiovascular disease, and HIV/AIDS (Haldane et al., 2018). Regular counseling and health education provided by healthcare professionals can lead to better treatment adherence, a greater understanding of disease management, and increased motivation to engage in healthy lifestyle changes. This kind of structured support from healthcare providers has been shown to improve both psychological and physical aspects of QoL, as patients feel empowered and more in control of their health (Tol et al., 2015).

Research has also explored variations in the impact of psychosocial support across different types of chronic illnesses, demonstrating that support needs can vary widely depending on disease progression, age, and personal circumstances. For instance, younger patients may prioritize social support to maintain relationships and career aspirations, whereas older patients may benefit more from family-centered care. Collectively, these studies underline that tailored psychosocial support can significantly enhance QoL for chronic disease patients by addressing their unique psychological and social needs (Sears et al., 2009).

These findings underscore the importance of integrating psychosocial support within healthcare systems to provide holistic, patient-centered care (Youssef et al., 2020). The cumulative evidence highlights psychosocial support as a fundamental component of improving the QoL in patients managing chronic illnesses, advocating for healthcare policies and programs that prioritize emotional and social support in chronic disease care.

Quality of life, in this context, refers to an individual's perceived well-being, encompassing physical, mental, and social dimensions (Ferrans, 2005). For patients with chronic diseases, QoL is often diminished due to both the direct effects of their illness and the indirect challenges it brings, such as financial strain, decreased social interaction, and limited physical capability. While healthcare systems traditionally prioritize physical health outcomes, there is a growing acknowledgment that enhancing QoL is essential to comprehensive patient care (Corrigan & Adams, 2003). Psychosocial support has been shown to play a critical role in this enhancement by promoting psychological stability, social support, and an improved sense of purpose.

This study seeks to analyze the influence of psychosocial support on the quality of life of patients with chronic diseases. By examining the types and sources of psychosocial support that yield the most beneficial effects, this research aims to provide insights into how healthcare systems, families, and communities can better address the needs of chronic illness patients. The findings of this study could lead to the development of more effective support programs and inform policies that prioritize holistic patient care (Prioritization, 2009). Ultimately, this research highlights the importance of a supportive psychosocial environment in improving the lives of those managing chronic diseases, underscoring the need for healthcare approaches that go beyond medical treatments to address the full spectrum of patient well-being.

2. RESEARCH METHOD

The research adopts a cross-sectional design, allowing for data collection at a single point in time to analyze the current QoL levels and the extent of psychosocial support among patients with chronic illnesses (Unruh et al., 2005). This design is appropriate given the study's focus on identifying trends and associations within a large sample of chronic illness patients across different backgrounds and disease types. Both quantitative and qualitative data are collected and analyzed concurrently to offer a robust overview of the psychosocial factors affecting QoL (Fayers & Machin, 2015).

The sample comprises adult patients with chronic illnesses, including but not limited to cardiovascular disease, diabetes, cancer, and autoimmune disorders (Franks & Slansky, 2012). Participants are recruited from outpatient clinics, hospitals, and patient support groups to ensure diversity in terms of age, gender, disease type, and psychosocial support availability. A purposive sampling method is used to select individuals who have been managing their condition for a minimum of six months, as this duration ensures they have experienced both the medical and emotional aspects of chronic illness. The target sample size is approximately 200-250 participants, large enough to allow for statistical analysis while maintaining a manageable scope for qualitative inquiry (Malterud et al., 2016).

The research employs two primary data collection methods, surveys and semi-structured interviews. A structured questionnaire is used to gather quantitative data on patients' QoL and their levels of psychosocial support.

The questionnaire is divided into three sections that is demographic information, QoL measures, and psychosocial support assessment (Mehnert et al., 2012). QoL is measured using a standardized tool such as the WHOQOL-BREF, which covers physical, psychological, social, and environmental domains. Psychosocial support is assessed with items covering family support, social interactions, and healthcare provider support. Responses are recorded on a Likert scale, allowing for quantitative analysis of the perceived impact of support on QoL (Fayers & Machin, 2013).

To complement the survey, semi-structured interviews are conducted with a subset of participants (Cachia & Millward, 2011). These interviews delve deeper into patients' subjective experiences with psychosocial support, offering insight into how specific forms of support have

influenced their well-being. Interview questions explore themes such as emotional resilience, coping strategies, and the role of different support sources. Each interview lasts approximately 30-45 minutes and is audio-recorded with the participants' consent to ensure accurate data capture for thematic analysis(Whitehead & Whitehead, 2020).

Data analysis is carried out in two phases, aligning with the mixed-methods approach. Survey responses are analyzed using statistical software to examine the relationship between psychosocial support levels and QoL scores across different domains(Mehnert & Koch, 2008). Descriptive statistics provide an overview of the sample characteristics, while inferential statistics (e.g., correlation and regression analysis) are used to assess the strength and significance of the association between psychosocial support and QoL. By analyzing data across various support categories, the study identifies which types of support are most strongly correlated with improved QoL.

Interview data is transcribed and coded for thematic analysis. Key themes are identified, such as emotional coping mechanisms, the influence of family support, and the impact of healthcare provider interactions(Given et al., 2001). This analysis provides a nuanced understanding of how psychosocial support is experienced and valued by patients, shedding light on the specific needs and preferences of individuals in different life stages and with varying illness trajectories.

The study adheres to ethical standards to protect participant confidentiality and well-being. All participants provide informed consent, with assurances that their data will be anonymized and used exclusively for research purposes(Crow et al., 2006). Additionally, participants are informed of their right to withdraw from the study at any time without penalty.

3. RESULTS AND DISCUSSIONS

3.1 Result

The results of this research on the influence of psychosocial support on the quality of life (QoL) among chronic illness patients reveal significant insights into the positive role that various forms of support play in enhancing well-being. The findings, drawn from both quantitative analysis of survey data and qualitative insights from participant interviews, underscore the critical impact of psychosocial support from family, friends, healthcare providers, and community networks on physical, emotional, and social dimensions of life for patients managing chronic conditions.

The quantitative data analysis indicates a strong positive correlation between psychosocial support levels and QoL scores across all domains physical, psychological, social, and environmental. Among the different types of support, family support emerged as one of the most influential factors. Patients who reported high levels of family support consistently scored higher in psychological well-being and social functioning, indicating that emotional encouragement and daily assistance from family members contribute significantly to maintaining a stable mental state and a sense of connectedness.

The analysis also reveals that support from healthcare providers is closely linked to better physical and environmental QoL scores. Patients who received regular counseling and education from their healthcare providers demonstrated better disease management, higher treatment adherence, and a greater sense of control over their health. These patients also reported a stronger understanding of their condition, which alleviated some of the stress associated with chronic illness management. Community support, such as engagement in patient support groups or community-based health programs, was associated with enhanced social QoL, as it facilitated opportunities for social interaction, sharing experiences, and learning coping strategies from peers facing similar health challenges.

Further statistical analysis through regression models confirmed that psychosocial support is a significant predictor of QoL in chronic disease patients. Specifically, family and healthcare provider support were found to be the most consistent predictors of higher QoL scores across various domains, while community support was a notable predictor of improved social functioning. These findings indicate that each type of support contributes uniquely to the overall well-being of chronic illness patients, emphasizing the multifaceted nature of psychosocial needs.

The qualitative analysis from semi-structured interviews provided deeper insights into how patients perceive and value different types of psychosocial support. Many participants expressed that family support was essential for emotional stability, describing it as a source of strength that helped them cope with the daily challenges and uncertainties of their illness. Some patients shared that family members who were actively involved in their care made them feel valued and less burdened by their condition, which positively influenced their outlook on life.

Support from healthcare providers was also highlighted as invaluable, particularly when providers took the time to explain treatment options and listen to patients' concerns. Participants noted that compassionate interactions with healthcare professionals gave them confidence in managing their condition, enhancing their sense of control and reducing anxiety. Many patients expressed that they felt more hopeful and motivated when they had a clear understanding of their treatment goals and realistic expectations about their condition's progression.

Additionally, community support emerged as a meaningful source of comfort for many participants. In support groups, patients were able to connect with others experiencing similar issues, which reduced feelings of isolation and provided a platform for sharing strategies and encouragement. This peer-based support was described as a unique outlet where patients could openly discuss fears and frustrations without judgment, fostering a sense of belonging and emotional relief.

The results of this study highlight that psychosocial support is a critical factor in improving the QoL of patients with chronic illnesses. The quantitative data establish a clear association between high levels of support and improved QoL scores, while the qualitative insights illuminate the specific ways in which family, healthcare providers, and community networks contribute to patients' well-being. Collectively, these findings suggest that healthcare providers should prioritize the integration of psychosocial support into chronic disease management plans, advocating for a more holistic approach to patient care.

In practical terms, these results advocate for the development of structured support programs that address the emotional and social needs of chronic illness patients. Policies aimed at encouraging family involvement in patient care, training healthcare professionals in empathetic communication, and creating accessible support groups could significantly enhance QoL for this population. By acknowledging and addressing the psychosocial aspects of chronic illness, healthcare systems can better support patients in leading fulfilling lives despite the limitations of their conditions.

3.2 Implications for healthcare practices

One of the primary implications of this research is the importance of embedding psychosocial support within routine healthcare for chronic illness patients. Traditional medical care often emphasizes physical treatment and symptom management; however, the findings reveal that emotional and social support play a vital role in enhancing patients' quality of life. Healthcare facilities could implement structured psychosocial programs that provide regular counseling, peer support, and family-based care interventions. By incorporating these elements into treatment plans, providers can offer a more balanced approach that supports both the medical and emotional needs of patients, improving overall well-being and treatment adherence.

Family support emerged as a significant factor influencing QoL, suggesting that healthcare practices should encourage and facilitate family involvement in patient care. Providers can initiate family-inclusive care models, such as involving family members in consultations, educating them about the patient's condition, and providing resources on how best to offer emotional and practical support. This approach would not only ease the burden on patients but also empower family members with the knowledge and tools to effectively support their loved ones. Training sessions, informational materials, and family-centered support groups could further reinforce this involvement, helping patients feel more supported and less isolated.

Community support, especially through patient support groups and community health organizations, was shown to have a positive impact on social well-being and connectedness. To enhance access to such programs, healthcare facilities and policymakers can work to develop or expand community-based initiatives tailored to chronic disease patients. Community centers, hospitals, and

clinics could host support groups where patients can connect, share experiences, and receive encouragement from peers who understand their unique challenges. This not only helps patients manage the psychological effects of their illness but also reduces feelings of isolation, promoting resilience and a positive outlook on life.

The research indicates that supportive interactions with healthcare providers contribute positively to patients' QoL. To maximize this impact, healthcare providers should be trained in empathetic communication skills that emphasize listening, compassion, and understanding. Medical professionals who take the time to address patients' emotional needs foster trust and confidence, which can improve patients' adherence to treatment and engagement with their health journey. Workshops and professional development programs focused on patient-centered communication could help clinicians provide more effective, compassionate care, leading to better health outcomes and increased patient satisfaction.

The study's findings support a shift in healthcare policy towards a more comprehensive model of chronic disease management. Policymakers can use these insights to develop guidelines that mandate the inclusion of psychosocial support in chronic care protocols, recognizing it as essential to enhancing QoL. Policies that fund mental health services, family support programs, and community health initiatives would enable healthcare providers to deliver well-rounded care to chronic illness patients. Such policy changes could also ensure that psychosocial support services are accessible and affordable, particularly for underrepresented and low-income patient populations.

Healthcare systems should aim to make psychosocial support services more accessible to all chronic disease patients, especially those in underserved communities. Mobile health units, telemedicine platforms, and online support groups can bridge gaps for patients who have limited access to healthcare facilities due to geographic or financial constraints. By leveraging technology, healthcare providers and policymakers can create accessible and flexible support systems that reach a wider range of patients, ensuring that no one is excluded from receiving the psychosocial care they need to manage their condition effectively.

Finally, the research highlights the value of educating patients about their condition and available psychosocial resources, empowering them to take an active role in managing their illness. Healthcare providers can implement educational programs that inform patients about coping strategies, stress management techniques, and the availability of support services. By educating patients on the benefits of psychosocial support and equipping them with self-care tools, healthcare practices can foster a sense of autonomy and confidence, enabling patients to feel more in control of their health journey.

3.3 Challenges and Limitations

One of the primary challenges in this research lies in the subjective nature of QoL assessments. Quality of life is a multi-dimensional concept influenced by a wide range of personal, cultural, and environmental factors, making it challenging to quantify in a standardized way. Individual patients may perceive and rate their QoL differently depending on personal circumstances, mental health, or outlook on life. For instance, two patients with the same level of physical functioning might report vastly different QoL scores due to differences in social support, coping strategies, or personal expectations. To address this, researchers typically use standardized QoL instruments, but even these tools cannot fully account for personal biases and subjective variations. This challenge is compounded when assessing psychosocial support's impact, as individuals may differ in how much they value and benefit from family, community, or professional support. These subjective differences can introduce variability in the data, potentially making it harder to draw precise conclusions about the relationship between psychosocial support and QoL across a broad patient population.

Chronic illnesses encompass a wide range of conditions, from cancer and cardiovascular disease to diabetes and autoimmune disorders, each with unique physical and psychological effects. The variation in disease types presents a challenge in assessing psychosocial support's universal impact on QoL, as different illnesses bring distinct challenges and support needs. For instance, the psychosocial needs of a cancer patient undergoing chemotherapy might differ significantly from those

of a diabetic patient managing long-term lifestyle changes. Furthermore, patients with progressive conditions may have different QoL expectations compared to those with more manageable illnesses, leading to diverse responses to psychosocial support. This diversity also affects the generalizability of findings, as a support intervention effective for one type of chronic illness may not have the same impact for another. Disease stages also add complexity; patients in advanced stages may prioritize emotional support differently than those in early stages, focusing more on comfort and quality over longevity. To address this, future research could examine specific illness groups separately to develop a more nuanced understanding of psychosocial support's impact based on illness type and stage.

The availability and level of psychosocial support vary widely across socioeconomic, geographic, and cultural lines, presenting another challenge for this research. Patients from low-income or rural areas may have limited access to healthcare providers, support groups, or mental health resources. Cultural differences also influence the perceived value and acceptance of psychosocial support, as some communities may rely more on family-based support than formal mental health services. These disparities in access and acceptance can lead to inconsistencies in the support levels chronic illness patients receive, which in turn affects their QoL outcomes. Moreover, not all patients receive the same level of family support, either due to family dynamics, geographic distance, or other barriers. For instance, patients without close family ties may rely more heavily on healthcare providers or community groups, while those with strong family support may have less need for external resources. This variation can make it challenging to generalize findings, as support that proves beneficial for one patient might be less accessible or relevant to another. Addressing this challenge requires an awareness of these disparities and possibly stratifying data by demographic factors, such as socioeconomic status or urban versus rural residency. This approach could provide insights into the different psychosocial support needs among subgroups, facilitating the development of targeted interventions for populations with limited access to formal support structures.

Another challenge is capturing the long-term effects of psychosocial support on QoL, as chronic illnesses often require lifelong management. The research design may capture QoL improvements in the short term, but sustaining these improvements over time is complex, as patients' needs and disease conditions evolve. Psychosocial support that is effective in the initial stages of diagnosis may require adjustments as the patient's illness progresses. Additionally, fluctuations in mental health or changes in family support dynamics could alter patients' perceptions of their QoL over time. Longitudinal studies that track QoL and psychosocial support over extended periods would be ideal for understanding the long-term impact, though they are resource-intensive and challenging to conduct. The dynamic nature of chronic illnesses suggests that further research is needed to identify how different types of support can be adapted over time to maintain a positive effect on QoL.

These challenges highlight the need for a flexible and individualized approach to understanding psychosocial support's impact on chronic illness patients. Future research could benefit from focusing on specific illness types, stages, and demographic groups to gain a more granular understanding of support needs. Healthcare providers and policymakers could also take these findings into account, striving to design adaptable, accessible, and culturally sensitive support interventions that account for diverse patient backgrounds and needs.

3.4 Comparison of research results with previous research

Like earlier studies, this research underscores the central role of family support in improving QoL, especially in areas related to emotional and social well-being. Prior research has shown that family members often provide both practical assistance and emotional encouragement, which can alleviate feelings of isolation, reduce anxiety, and promote a more positive outlook on life. This study corroborates those findings, identifying family support as one of the most significant predictors of improved psychological and social QoL scores. By highlighting the specific ways in which family support enhances these domains, this research aligns with established literature that emphasizes the value of strong family connections in chronic illness care.

Similarly, previous studies have highlighted the importance of healthcare provider support, particularly the role of empathetic communication and patient education in promoting better

treatment outcomes and a sense of empowerment. This study reaffirms that supportive healthcare interactions are critical to QoL, particularly in the physical and environmental domains, as patients who feel understood and informed tend to be more engaged in managing their health. By demonstrating that consistent, compassionate care from healthcare providers can increase treatment adherence and provide patients with a greater sense of control, this study echoes findings from prior research while adding further detail about the specific aspects of QoL that benefit most from provider support.

The positive impact of community support on social well-being and emotional resilience also aligns with prior findings, which indicate that patient support groups and community networks provide invaluable opportunities for peer interaction and shared experiences. Past research has shown that peer support can reduce feelings of loneliness and enable patients to learn effective coping strategies, fostering a sense of belonging that contributes to overall well-being. This study builds upon these insights by demonstrating how community support uniquely enhances social QoL. The results show that patients engaged in community networks or support groups often experience a stronger sense of social connectedness and reduced isolation, affirming previous findings while further clarifying community support's specific benefits.

While much of the study's findings are consistent with prior research, a unique contribution of this research lies in its detailed analysis of how each type of support distinctly affects various QoL domains. Unlike many earlier studies that examined QoL as a general outcome, this study breaks down QoL into specific areas physical, psychological, social, and environmental revealing that different forms of psychosocial support are more influential in certain domains than others. For instance, while family support predominantly influences psychological and social well-being, healthcare provider support is shown to be particularly impactful in the physical domain. This nuanced differentiation helps clarify the roles that different support types play in enhancing QoL, offering a more detailed framework for designing targeted interventions in chronic illness care.

Psychosocial support benefits chronic illness patients, but studies have often focused on specific patient groups, such as those with cancer or cardiovascular disease, limiting generalizability. This study, however, examines a broader spectrum of chronic illness patients, acknowledging that support needs can vary significantly across different conditions and patient demographics. By identifying these variations, the research builds upon prior studies, suggesting that support programs should be flexible and adaptable to address the diverse requirements of chronic illness populations. This broader perspective complements existing literature, which has often examined more homogenous groups, and highlights the importance of personalized support in improving QoL outcomes.

Finally, the implications of this study for healthcare policy and practice echo earlier calls for integrating psychosocial support into chronic illness care. Previous research has advocated for policies that encourage family involvement, training for healthcare providers in empathetic communication, and the establishment of accessible community support programs. This study strengthens these recommendations by providing empirical evidence that each type of support has a measurable, positive effect on QoL domains. The findings suggest that policymakers and healthcare providers should invest in comprehensive support systems, which are not only beneficial for patient well-being but may also reduce healthcare costs by improving treatment adherence and reducing complications.

4. CONCLUSION

In conclusion, this study highlights the significant impact of psychosocial support on the quality of life (QoL) of patients with chronic illnesses. The findings demonstrate that emotional, social, and practical support from family, healthcare providers, and community networks plays a crucial role in enhancing various QoL domains, including physical, psychological, social, and environmental well-being. By confirming the importance of a holistic approach to chronic illness management, this research underscores the necessity of integrating psychosocial support into healthcare practices. The

study's results indicate that family support is particularly vital for psychological and social well-being, while compassionate and informed interactions with healthcare providers significantly influence physical health outcomes. Additionally, community support networks contribute to improved social connections and emotional resilience, alleviating feelings of isolation often experienced by chronic illness patients. These insights emphasize the need for healthcare systems to prioritize comprehensive support programs that address the diverse needs of patients. Despite the challenges presented by subjective variations in QoL measures, the diversity of chronic illnesses, and the variability in access to psychosocial support, the research advocates for a tailored approach to patient care. Future interventions should focus on developing adaptable support systems that cater to the unique circumstances of individuals, taking into account the specific types of chronic conditions and the varying levels of support required. Overall, this study contributes to the existing body of knowledge by not only affirming the positive relationship between psychosocial support and QoL but also providing a nuanced understanding of how different forms of support uniquely affect various aspects of patient well-being. These findings have significant implications for healthcare practices and policy, encouraging the implementation of comprehensive support strategies that empower chronic illness patients to achieve better health outcomes and an improved quality of life. Moving forward, the integration of psychosocial support into chronic disease management is essential for fostering resilience and promoting a more holistic approach to patient care.

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