

Assessing Self-management and Spirituality Practices Among Older Women

Idethia Shevon Harvey, DrPH

Objective: To understand the role of spirituality in the self-management of cardiovascular disease and arthritis. **Method:** Self-management practices were selected from older women enrolled in a longitudinal study (N=492) whereas 24 of the enrolled participants were selected for an in-depth interview regarding the role of spirituality in their self-management practices. **Results:** Significant differences were found in the level of spirituality in self-

management behaviors based on ethnicity. The qualitative analyses reaffirmed the importance of spirituality in the self-management of chronic illness. **Conclusion:** Using multiple methodologies, this study elucidated the role of spirituality in the self-management of chronic illness among older women.

Key words: self-management, spirituality, older women, chronic illness

Am J Health Behav. 2008;32(2):157-168
