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Title: Daily activities and quality of life in COPD patients: Psychological determinants

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Body: Background Psychological variables play an important role in COPD patients' management of their illness and daily life. To develop self-management interventions to improve Quality of Life (QoL) in COPD patients, more detailed studies are needed. Objective To study the influence of illness perceptions, proactive coping competencies and depressive symptoms on daily activities and QoL in COPD patients. Method In a cross-sectional study in primary care, 90 COPD patients (GOLD1-3) completed the following questionnaires: Brief Illness Perception Questionnaire, Utrecht Proactive Coping Competence scale, Center for Epidemiologic Studies Depression scale, Medical Research Council dyspnea scale, Functional Performance Inventory, Clinical COPD Questionnaire (CCQ) and the Chronic Respiratory Questionnaire (CRQ). Analyses were performed with multiple linear regression. Results More positive perceptions about treatment and consequences of COPD on daily life, lower levels of depressive symptoms and less experienced dyspnea are associated with better health status and QoL, after correction for age and lung function (FEV1). Combined, illness perceptions, depressive symptoms and dyspnea explain 60% of variance in health status (CCQ total $R^2=.60$, $p<0.001$), 58% of variance in QoL (CRQ fatigue subscale $R^2=.58$, $p<0.001$) and 56% of variance in functioning (CCQ functional state subscale $R^2=.56$, $p<0.001$). Conclusion Patients' perceptions about COPD, their depressive symptoms and dyspnea should be explored with questionnaires, discussed with the patient and if necessary corrected at an early stage. This most likely results in better QoL and health status in COPD patients, given the theoretical and empirical knowledge of COPD.