PS1.176

Self-efficacy and personality traits relations with body composition after a phase II of cardiac rehabilitation

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Background: The success of a comprehensive cardiac rehabilitation program depends among other factors on the correctcompliance from the patient. Perceived self-efficacy, defined as people´s beliefs about their capabilities to complete tasks and reach goals, and personality traits can influence the outcomes. Different biotypes have been largely associated with aptitude for exercise and cardiovascular risk. **AIM:** Detect personality traits associated with bigger self-efficacy and its relation with body composition after a comprehensive cardiac phases I and II rehabilitation program.
Method: S: Transversal study within one visit following the phase II of the CRP. Self-efficacy was assessed by Baessler & Schwarner and Salamanca quiz for personality traits, Beck and Hamilton quizs for depression and anxiety severity. Body composition measurements taken were: body mass index (BMI), components of somatotypes, total fat and muscle mass (MM). Doupe formula was used for muscle mass and both Behnke & Wilmore (BW) and Faulkner (F) formulas for total fat.
Results: 86 patients were included. Self-efficacy was negatively correlated to anxiety (p=0,0018) and depression (p=0,0012) as well as with dependent, impulsive unstable, borderline unstable, antisocial and esquizotypic personality traits. Higher levels of anxiety was correlated to more fat (p=0,0031), endomorphic biotype (p=0,0093) and less MM (p=0,0349), meanwhile severity of depression had a direct correlation with fat and endomorphic biotype (p=0,046), but not with MM. The personality trait more related to an endomorphic predominance and to a less ectomorphic component was the borderline unstable one, as long as the patients with higher paranoid scores had higher BMI. As we expected, higher BMI was correlated to a predominance of the endomorphic and mesomorphic over the ectomorphic component, as well as higher fat. The endomorphic component was associated with more body fat and less MM.
Conclusions: Personality traits can predict a better or worse outcome in body composition and influence the self-efficacy to maintain healthy lifestyles.