



Federación de Hemofilia de La República Mexicana A.C.

Self-esteem levels in Mexican hemophilia carriers

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Hemophilia is a congenital bleeding disorder whose transmission is linked to gender. The responsible gene is located on the X chromosome, the women (XX) are carriers of the disease and males (XY) those affected (Altisent, 2009). Women who transmit the gene are carriers because they possess the gene defect disease transmission, some of them may have hemorrhagic manifestations for having a deficit factor what is called "symptomatic carrier". And sometimes they require substitutive treatment (Jaloma, 2010).

Carriers with low levels of factor VIII or IX may have symptoms of milder hemophilia the most common is a significant and prolonged menstrual bleeding weakness, anemia (low iron levels, tiredness, and dysmenorrhea).

In Mexico and other Latin American countries it is very common for a family member who becomes the main support for the sick person i.e. their primary caregiver. Is a primary caregiver who assumes full responsibility for the patients helping to all activities that themselves cannot accomplish, and usually do not receive economic aid or prior training to attend them (Alvarado & González, 2006; and Barrón & Alvarado, 2009).

Negative repercussions as psychological wear primary caregiver syndrome, emotional exhaustion, depersonalization and low personal achievement, anxiety, depression, irritability, feelings of hopelessness, resentment, suicidal thoughts.

The present study aimed to evaluate and describe the levels of self-esteem in a sample of women with hemophilia affiliated to the Federation of Hemophilia in Mexico, residents in the state of Mexico and the Federal District.

METHODS

- 48 female carriers of hemophilia (X = 38.67 aged SD = 11.42)
- Signed informed consent.
- An instrument was constructed ad hoc, for demographic data; self-esteem
- levels were measured with the instrument of Beltran, Torres, Lin, Beltran & Calderon (2011).

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RESULTS

Self-realization often feels that the responsibilities of life exceed their possibilities and do not feel prepared to meet the challenges they face.

Self-concept, expressed not have full confidence in their abilities although think they have more positive qualities than negative ones. They claim not to be competent in any activity, not feeling good about themselves.

Self knowledge reported that they feel that people they coexist are better than them and sometimes feel less than others.

Self-image, the participants are mildly satisfied with their physical and appearance. In the area of self-acceptance participants rarely feel fear of rejection from friends and apparently not affected people disapprove.

However, also reported personal satisfaction to perform these tasks care, which makes them feel strong and willing.

Another important aspect is the positive correlation ($r=0.313$, $p<0.05$) between age and levels of self-esteem, which suggests that the passing of time allows subjects to go re-arranging their experience with the disease.

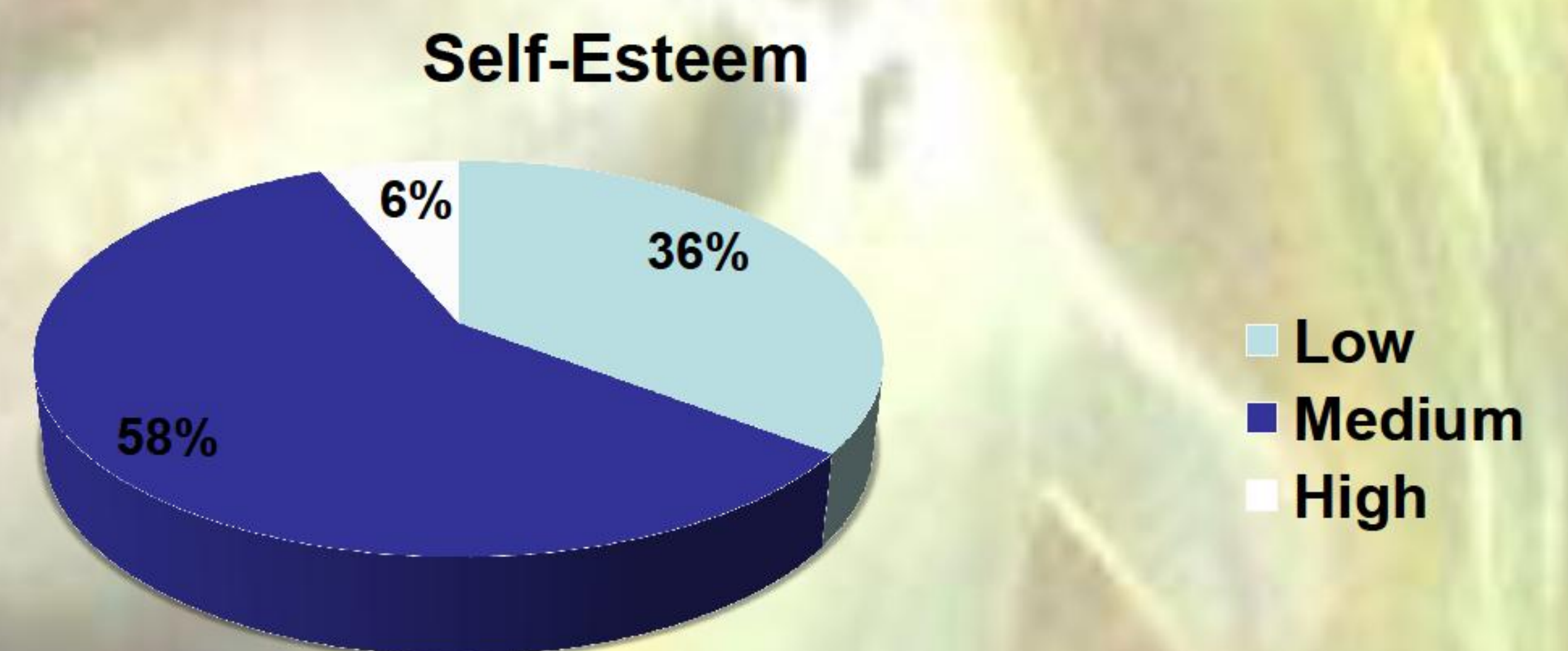


Figure 1. Self-esteem levels of 48 hemophilia carriers.

CONCLUSIONS

Ψ The overload of work and stress to care for a patient with a chronic disease endangers the physical, psychological and emotional health of caregivers who put aside their own needs to dedicate time to patient care.

Ψ In this research, it was confirmed that the participants reported feeling anxious, desperate, often sad, frustrated when they cannot give them the attention they consider quality to the patient,

Ψ We propose redeem the role of carriers as patients and as primary caregivers, include them as protagonists in the integral treatment, providing information such as patients and careers.

Ψ Structuring talks and workshops oriented to solving their emotional problems as carriers. Encounter groups with older people to share their experiences.

