

## HEALTH BEHAVIORS AND QUALITY OF LIFE IN PATIENTS WITH CHRONIC RESPIRATORY DISEASES

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**Purpose:** The purpose of this study was to analyze health behaviors of patients with chronic respiratory diseases and correlations between health behaviors and quality of life. **Material and Methods:** The study involved 256 adult patients (women: 52.7%, 135 and men: 47.3%, 121) with chronic respiratory diseases. The mean age was 62.60 years (Me=65, SD=16.14). Research instruments used in the study were the Health Behavior Inventory (HBI) and the WHOQOL-BREF. **Results:** The mean general score for health behaviors in the study group was 85.58. Most patients (40.9%, 74) obtained high scores (7-10 stens), 34.3% (62) medium scores (5-6 stens), and 24.9% (45) low scores (1-4 stens). Healthy behaviors were more common among women (56.5%, 52 vs. 40.4%, 36, p=0.044), old patients (r=0.191, p=0.010), and those who visited a GP at least six times during the last 12 months (52.9%, 54, vs. 41.9, 31, r=0.274, p0.05) were found between D1-Physical domain and other health behaviors measured with the HBI; D2-Psychological domain and health practices; D3-Social relationship domain, preventive behaviors and health practices; and D4-Environmental domain and all categories of health behaviors. **Conclusions:** Chronically ill patients demonstrate health behaviors which help them to control pathological symptoms. Quality of life among people with chronic respiratory diseases correlates with their health behaviors. In the study group, the strongest correlations were observed between quality of life within Psychological domain and Social relationship domain, and such health behaviors, measured with the HBI, as positive mental attitude, general level of health behaviors, and healthy eating habits.