

Example of a single annotated bibliography entry

Entry would be listed under "K"

This citation is in APA style

Kristofferzon, M., Lindqvist, R., & Nilsson, A. (2010). Relationships between coping, coping resources and quality of life in patients with chronic illness: a pilot study. *Scandinavian Journal of Caring Sciences*, 25,476-483. doi: <https://doi.org/10.1111/j.1471-6712.2010.00851.x>

Aim

Method

Key findings

Limitations

Reflection

The aim of this cross-sectional, descriptive study was to examine and compare how people with chronic heart failure and end-stage renal disease perceived their quality of life by examining their coping skills; namely their self-efficacy, and sense of coherence. Data was collected using four standardized questionnaires and sent to participants' selected from two different hospitals in Sweden. 100 respondents between the ages of 45-80 were included in the sample. The study highlighted that regardless of what disease a person has, it is the way that they cope with the illness that defines what quality of life that they have. The study also highlighted that men use more effective coping styles to women, and those with higher educational levels had more effective styles of coping to those with lower education levels. Patients who scored high in their sense of coherence and self-efficacy also coped effectively and felt they had a greater quality of life. Moreover, people who scored lower in sense of coherence and self-efficacy, used emotion-focused coping to deal with stress and believed they had a lower quality of life. More research in this area is required as this study was limited by the small number of participants and that only two chronic illnesses were included in the study. This article will contribute to my own research on innovative care models for chronic conditions and a broader discussion around patient advocacy.