The influence of healthcare provider's autonomy support, autonomous motivation and competence on self-care behaviors in kidney transplant patients based on self-determination theory

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Background: It is important for transplant patients to perform continuous self-care behavior after transplantation. The self-determination theory is that explains the persistence factors of health behavior of chronically ill patients. This study was conducted to identify the factors of the self-determination theory of kidney transplant patients and to prepare basic data to improve self-care behavior of them.

Methods: The subjects of this study were 79 transplant patients who underwent follow-up care in an outpatient clinic after receiving a kidney transplant at one G university hospital in Seoul. Survey research was done using the "Health care climate questionnaire," "autonomous motivation," "Perceived competence scale" tools, and "self-management" tools. The data collected from April 20, 2020 to August 20, and the collected data were analyzed using SPSS ver. 21.0 for windows.

Results: The average age of the subjects was 54.1 years (27–78 years), and male patients were 46 (58.2%). The duration after transplantation was 5.25 years. The factors a significant correlation was confirmed were Healthcare provider's autonomy support and autonomous motivation ($r=0.39$, $P<0.001$), healthcare provider's autonomy and competence ($r=0.29$, $P<0.05$), healthcare provider's autonomy and self-care behavior ($r=0.34$, $p<0.01$), autonomous motivation and competence ($r=0.39$, $P<0.001$), autonomous motivation and self-care behavior ($r=0.47$, $P<0.001$), competence and self-care behavior ($r=0.44$, $P<0.001$). As a result of multiple regression analysis, the factors that have the greatest influence on self-care behavior were identified in the order of competence ($\beta=0.377$, $P<0.01$), and autonomous motivation ($\beta=0.293$, $P<0.01$). The total explanatory power was 30.1%.

Conclusions: As a result of this study, it was consistent with the results of previous studies that autonomous motivation increased competence and continuation self-care behavior. This could contribute to the development of an intervention program for improving the self-care behavior of patients.

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