



Teheran University of Medical Sciences

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Title

Evaluating patients' preferences regarding “Advance Directive”

A thesis submitted as partial fulfillment of the requirements for Master of Science
(MSc) Degree
In Medical ethics

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2024

Register number: 3

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Background: Advance directives, emphasizing patient autonomy, are legal and ethical mechanisms that specify individuals' treatment preferences in the absence of their decision-making capacity. Researchers are therefore working to examine individuals' preferences regarding advance directives.

Method: This cross-sectional descriptive study investigated the preferences of patients at Rajaie Cardiovascular, Medical and Research Institute's adult cardiology clinics in Tehran, Iran regarding advance directives during 2023-2024. Continuous sampling with specific inclusion criteria was used. The study comprised three phases: obtaining ethical approval and developing preference form for advance directives, evaluating the validity and reliability of the tool and distributing the forms among patients.

Findings: Out of 380 respondents, 189 (49.7%) were male and 191 (50.3%) were female. The mean age was 44.94 years with a standard deviation of 12.95, ranging from 20 to 82 years. Two hundred participants (52.6%) expressed a desire to document their future care and treatment preferences. The logistic regression analysis showed that controlling for religious views, those who had thought about their own or a relative's death were 2.33 times more likely to choose "receive only comfort and palliative care" compared to those who had not (P -value = 0.025, OR = 2.33). Additionally, controlling for thoughts about death, highly religious individuals were 0.23 times less likely than non-religious individuals to desire "only comfort and palliative care" (P -value = 0.011, OR = 0.23).

Conclusion: Due to the novelty of advance directives in Iran and the lack of studies, further research is needed to explore social, cultural, legal, and healthcare system challenges.

Keywords: Advance Directives, Advance Care Planning, Preferences