

## CORRESPONDENCE

## RESPONSE

## Response to: 'Arthritis cannot break my spirit'

Heru Santoso Wahito Nugroho \*

**Author affiliations:**

\*Heru Santoso Wahito Nugroho, PhD, Professor, Researcher, Health Department, Poltekkes Kemenkes Surabaya, Surabaya, Indonesia;  
Email: [heruswn@gmail.com](mailto:heruswn@gmail.com)

**Correspondence:** Professor Heru Santoso Wahito Nugroho, **Email:** [heruswn@gmail.com](mailto:heruswn@gmail.com); **Phone:** +6282142259360

**Citation:** Nugroho HSW. Response to: 'Arthritis cannot break my spirit' (Correspondence). *Anaesth. pain intensive care* 2025;29(2):366-367; DOI: [10.35975/apic.v29i2.2731](https://doi.org/10.35975/apic.v29i2.2731)

**Received:** February 24, 2025; **Accepted:** February 28, 2025

Dear Editor,

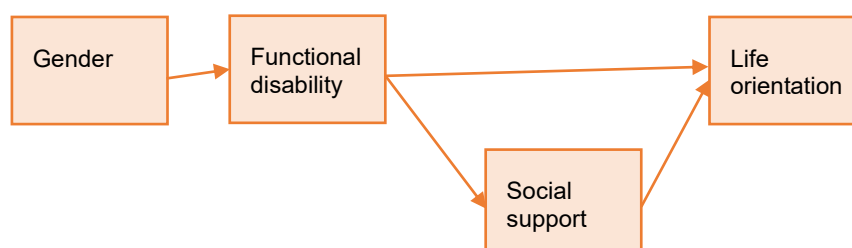
I have carefully read the published article entitled "Arthritis cannot break my spirit: functional disability, social support and life orientation in patients with rheumatoid arthritis", authored by Hafiza Marriyam Zulfikar, Muhammad Nasar Iqbal, Fatima Javed, Muhammad Rafiq and Rabbia Zahid, and published in the February 2025 issue of the journal.<sup>1</sup> This article is the result of research that makes an important contribution to rheumatoid arthritis (RA) sufferers, especially to empower them to sustain their daily lives in the best possible condition. There are three main variables that indicate the physical, mental and social conditions of RA sufferers, namely functional disability, social support and life orientation.

In the initial stage, the researcher proved that there was a correlation between the three variables, which was continued with a multiple regression test which showed that functional disability and social support influenced the life orientation of RA sufferers. In the final stage, the researcher analyzed the differences in functional disability, social support and life orientation based on gender and it was proven that there were differences in functional disability between male and female sufferers.<sup>2</sup>

Seeing the conditions above, I think that this study actually still requires further analysis that can show

how demographic variables; physical, mental and social conditions of the sufferers; and the surrounding social environment can determine the life orientation of the RA sufferers. In this case, demographic variables can be represented by gender; physical, mental and social conditions of the sufferers can be represented by functional disability; social environment can be represented by social support. Of course, not all variables will have a direct effect on the life orientation of the RA sufferers, so there may be variables that have an indirect effect through intermediary variables. For this reason, a scheme is needed that describes the path of influence of each variable on the life orientation of the RA sufferers. In this case, I offer the scheme (Figure 1), which of course is still open to be modified based on theoretical references and other scientific findings. To ensure the significance of these paths of influence, researchers can conduct further analysis using path analysis in order to obtain more complete analysis results.<sup>3-5</sup>

Furthermore, we hope that the editor will give researchers the opportunity to publish the results of the path analysis, as a response to this letter, so that the results of this further analysis can be a valuable reference for researchers, academics and students in relation to improving the existence of the lives of the RA sufferers both physically, mentally and socially.



**Figure 1: The path of influence of each variable on the life orientation of rheumatoid arthritis sufferers**

## 2. Strengths and weaknesses

**Strengths:** This article provides an opportunity for the original researcher to further clarify the relationship between functional disability, social support and life orientation in patients with rheumatoid arthritis.

**Weaknesses:** This article is only a recommendation, while execution can only be done by the owner of the related data (the original researcher).

## 3. Acknowledgment

Highest thanks are expressed to all leaders of Poltekkes Kemenkes Surabaya, Surabaya, Indonesia who have facilitated this publication.

## 4. Conflict of interest

Author declares no conflict of interest.

## 5. REFERENCES

1. Zulfikar HM, Iqbal MN, Javed F, Rafiq M, Zahid R. Arthritis cannot break my spirit: functional disability, social support and life orientation in patients with rheumatoid arthritis. *Anaesth Pain Intensive Care*. 2024;29(1):54-60. DOI: [10.35975/apic.v29i1.2663](https://doi.org/10.35975/apic.v29i1.2663)
2. Nugroho HSW, Acob JR, Martiningsih W. Healthcare worker's mental health during the epidemic peak of COVID-19 [Letter]. *Psychol Res Behav Manag*. 2021;14:333-334. [PubMed] DOI: [10.2147/PRBM.S309309](https://doi.org/10.2147/PRBM.S309309)
3. Susatia B, Martiningsih W, Nugroho HSW. A response to "prevalence and associated factors of musculoskeletal disorders among cleaners working at Mekelle University, Ethiopia" [Letter]. *J Pain Res*. 2020;13:2707-2708. [PubMed] DOI: [10.2147/JPR.S281683](https://doi.org/10.2147/JPR.S281683)
4. Nugroho HSW, Alvarado AE, Mercado MA. Psychological status of primary medical staff during the COVID-19 outbreak [Letter]. *J Multidiscip Healthc*. 2021;14:1181-1182. [PubMed] DOI: [10.2147/JMDH.S318246](https://doi.org/10.2147/JMDH.S318246)
5. Nugroho HSW, Suiroaka IP, Sunarto S. Response to: patients' perception of patient-centered care and associated factors among patients admitted in private and public hospitals [Letter]. *Patient Prefer Adherence*. 2023;17:1257-1259. [PubMed] DOI: [10.2147/PPA.S418973](https://doi.org/10.2147/PPA.S418973)

---

## AUTHOR'S REPLY

Dear Dr. Heru Santoso Wahito Nugroho, PhD,

We sincerely appreciate the insightful comments on our article, "*Arthritis Cannot Break My Spirit: Functional Disability, Social Support, and Life Orientation in Patients with Rheumatoid Arthritis*," published in the February 2025 issue of *Anaesthesia, Pain and Intensive Care*.

The suggestion regarding further analysis, particularly through path analysis, is valuable. We acknowledge the importance of this approach and will consider incorporating it in a future study to contribute further to the literature.

Thank you for your thoughtful feedback and for fostering this academic exchange. We look forward to continued scholarly discussions.

Best regards,

**Muhammad Nasar Iqbal**  
**PhD Psychology (Sch)**

Lecturer & Counselling Psychologist  
In-charge MS Clinical Psychology Program  
Lahore School of Behavioural Sciences  
The University of Lahore  
+92 (0)302-90-16-775  
[nasar.iqbal@lpsps.uol.edu.pk](mailto:nasar.iqbal@lpsps.uol.edu.pk)