

The effects of Diabetes Mellitus and Hypertension on Health-Related Quality of Life

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Introduction

HRQOL is a multidimensional term that encompasses aspects relating to physical, mental, emotional, and social functioning. It looks beyond direct indicators of population health, living standards, and causes of death to consider how health status affects quality of life.

The goal of this study was to evaluate health-related quality of life (HRQoL) in adults with diabetes or hypertension, quantify the impact of cardiovascular comorbidity on HRQoL, and compare HRQoL in these groups to that of healthy people.

Methodology

A total of 9,070 people aged 18 and up were interviewed about their HRQoL by using SF-36 . The Croatian Adult Health Survey provided the data. Persons with hypertension (RR), hypertension and cardiovascular commodities (RR+), diabetes mellitus (DM), diabetes and cardiovascular commodities (DM+), and participants free of these illnesses were separated into five groups based on their medical history. The SF-36 questionnaire was used to assess HRQoL on eight scales.

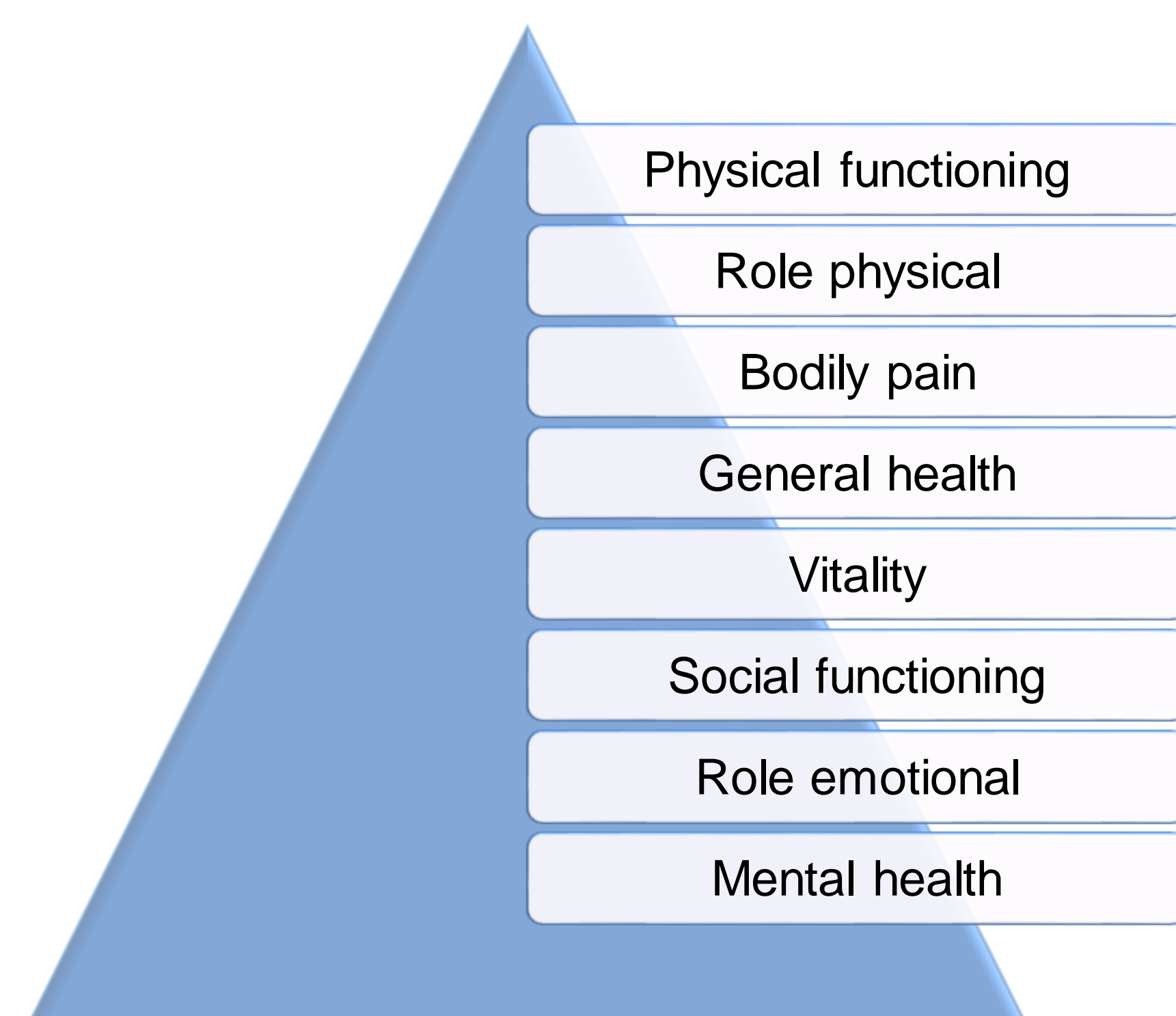


Fig:1. The SF-36 measures eight scales

Results

Participants with diabetes and hypertension reported comparable low HRQoL in all SF-36 measures when compared to healthy people . People with diabetes and people with hypertension reported lower scores on all SF-36 measures when cardiovascular commodities were present than participants without such commodities . After adjusting for sociodemographic variables, the results remained the same (age, sex, employment, financial status and education).

Conclusion

Diabetes and hypertension seem to comparably impair HRQoL. Cardiovascular commodities further reduce HRQoL in participants with both chronic conditions. Future research of interventions aimed at improving these participants' HRQoL is needed.

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