

Evaluation of Quality of Life in Patients of Metabolic Syndrome

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ABSTRACT


Objective: The objective of the study was to evaluate the quality of life on patients of Metabolic syndrome.

Method: This was an observational study. The study was conducted by enrolling patients of the outpatient department of Medicine of Rajindra Hospital, Government Medical College, Patiala, Punjab. To assess HRQoL, a questionnaire was administered to the patients – MOS- SF-36v2 questionnaire. The comparison was made between the patients (patients with metabolic syndrome) and control group (who did not qualify as a case of full-fledged metabolic syndrome).

Results: The mean age of the patients and male: female ratio was comparable in the two groups. The scores for various “Physical Health measures” (patient group vs control group) were Physical Functioning: 55.07 vs 83.00, Bodily Pain: 60 vs 82.60; Role Physical: 37.33 vs 88; General Health: 43.15 vs 63.20. The results were significant in terms of individual scales ($p = 0.001$). The scores for various “Mental Health measures” (patient group vs control group) were Role Emotional: 51.99 vs 90.67, Vitality: 52.73 vs 68.80; Mental Health: 60.68 vs 78.40; Social Functioning: 67.50 vs 84.50. The results were significant in terms of individual scales ($p = 0.001$)

Conclusion: The concurrent occurrence of a number of comorbidities in metabolic syndrome has a detrimental effect on the quality of life of patients. The quality of life in patients of metabolic syndrome is worse than those patients without it.

Keywords: Metabolic syndrome, Health related Quality of life, Diabetes mellitus, Medical outcomes survey- short form

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