

## Quality of life and Mental Health among Hemodialysis Patients in Aseer Region, Saudi Arabia

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### ABSTRACT

**Background:** Renal failure and dialysis are a great burden on patients and physicians. Classically, many studies have focused on the physical consequences of renal failure and dialysis. However, psychological impacts of this chronic condition (e.g., depression, anxiety, and stress) are also highly reported in these patients, irrespective of their disease stage.

**Aim:** This study aims to assess the effect of renal dialysis on patients' quality of life and mental health in Aseer region, Saudi Arabia.

**Methods:** A correlational cross-sectional study was conducted on all patients undergoing haemodialysis (HD) in the largest governmental centre in Abha (the capital city of Aseer region) during the study period. Data were collected by the researchers through direct, in-place interviews of eligible patients using pre-structured data collection sheets prepared by the researchers after thorough literature review and expert consultation. The collected data include socio-demographic, economic, clinical data and any relevant data that were obtained from participants and their medical records. Mental health evaluation was done by structured clinical interview using the Depression, Anxiety, and Stress Scale (DASS-21). Quality of life was assessed by the Quality-of-Life Index (Dialysis Version 3).

**Results:** A total of 162 HD patients were included in the study. Patient age ranged from 18 to 64 years with mean age of  $44.6 \pm 11.9$  years. Among the participants, 87 (53.7%) were male. Renal dialysis duration was less than 5 years in 67 patients (41.4%) and 10 years or more in 34 patients (21%). Depression was mild to moderate among 24.6% of the patients. In addition, 24.1% of the patients complained of mild to moderate anxiety, while 7.4% had severe anxiety. Stress was mild to moderate among 7.4% of the patients. Around 77.2% of the study patients had good satisfaction levels regarding their life, while 3.1% had poor satisfaction levels. Finally, 87% of the patients had a positive perception of their life importance.

**Conclusion:** In conclusion, the current conducted study showed that patients on haemodialysis had, on average, good quality of life with mild negative impacts on psychological health. Young patients with higher level of education and adherence to the restrictions of dietary and fluid intake showed the highest scores for quality of life and lowest scores for psychological symptoms.

**Keywords:** Renal dialysis, Renal disease, Quality of life, Psychological health, Mental health, Anxiety, Depression, Aseer region, Saudi Arabia

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