

# Predictors of Acute Attacks and Satisfaction Among Patients with Gout in Saudi Arabia: A Cross-Sectional Study

Abdulrahman Ali M Khormi\*

## ABSTRACT

**Background:** Gout is a chronic noncommunicable disease that might lead to multiple systemic complications if it is left untreated. The aim of this study was to identify predictors of acute gout attacks and patients' satisfaction.

**Methods:** This was a descriptive cross-sectional study that was conducted on gout patients referred to university clinics and local health facilities in central Riyadh, Saudi Arabia for the duration between April and August 2022. Binary logistic regression analysis was used to identify risk factors of acute gout attack and predictors of patients' satisfaction. The dummy variable used to identify predictors of patients' satisfaction was the mean satisfaction score of the study sample.

**Results:** A total of 212 patients participated in this study. The median duration of disease was 2.00 years (IQR: 1.00-4.00). Around one-third (36.6%) of the patients reported that they are currently suffering from acute gout attack. The median number of attacks of gout annually before starting treatment was 3.00 (2.00-5.00). The median number of attacks of gout annually after starting treatment decreased and reached 1.00 (IQR: 0.25-3.00). The mean satisfaction score was 19.7 (3.8) out of 25, which is equal to 78.8% of the maximum attainable score and demonstrates a moderately high level of satisfaction. Higher BMI (More than 27.9 kg/cm<sup>2</sup>), having diploma or higher education, being unemployed, and having comorbidities history were risk factors that increased the likelihood of experiencing acute gout attack ( $p < 0.05$ ). Older age (40.5 and above), higher BMI (More than 27.9 kg/cm<sup>2</sup>), having diploma, and having comorbidities history were predictors of lower level of satisfaction among patients with gout ( $p < 0.05$ ).

**Conclusion:** The study found that individuals who are diagnosed with gout exhibited a notably elevated degree of satisfaction. Elevated body mass index and a preexisting medical history of comorbidities were identified as risk variables associated with an increased likelihood of experiencing an acute gout attack. The management of acute gout attacks requires the adoption of a comprehensive strategy that includes modifications in lifestyle, changes in eating habits, and the efficient administration of medication.

**Keywords:** Acute; Gout; Patient; Satisfaction; Saudi Arabia

*Bahrain Med Bull 2024; 46 (2): 2093 - 2098*

---

\* Consultant Internal Medicine and Rheumatology  
Assistant Professor Internal Medicine and Rheumatology  
Prince Sattam university medical college, AlKharj, Saudi Arabia.  
E-mail: aa.khormi@psau.edu.sa