

Factors Related to Quality of Life Among Adults with Type 2 Diabetes: A Systematic Review of Gulf Countries

Mohammed Alharbi, PhD* Lama Aluwthaynani, BSc** Azhar Barnawi, BSc** Bayadir Alrehaili, BSc** Aseel Dawshi, BSc** Renad Qutub, BSc** Muath Aldomini, PhD* Abdullah Ahmed Alghamdi, PhD* Baraa Sami Quronfulah PhD*

ABSTRACT

To systematically review factors influencing health-related quality of life (HRQoL) among adults with type 2 diabetes mellitus (T2DM) in Gulf Cooperation Council (GCC) countries. Systematic review of quantitative studies. A comprehensive literature search was conducted in PubMed, MEDLINE, Web of Science, and the Saudi Digital Library from database inception to February 2025. Observational and interventional studies reporting associations between sociodemographic, clinical, behavioral, or socioeconomic factors and HRQoL among adults (≥ 18 years) with T2DM in GCC countries were included. Studies were required to use a validated HRQoL instrument. Study quality was assessed using the AXIS tool for cross-sectional studies and the CASP checklist for the case-control study. Fifteen studies published between 2008 and 2024 were included, most from Saudi Arabia ($n=11$), followed by Kuwait, Oman, and Qatar. Sample sizes ranged from 100 to 604 participants. HRQoL was generally reduced, particularly in physical and emotional domains. Female gender, older age, lower education, longer diabetes duration, and the presence of complications such as neuropathy, retinopathy, coronary artery disease, and hypertension were consistently associated with poorer HRQoL. Higher income, employment, good glycemic control, medication adherence, physical activity, and engagement in diabetes self-management education were linked with better HRQoL. Methodological limitations included predominantly cross-sectional designs, heterogeneity of measurement tools, and limited adjustment for confounders. HRQoL in adults with T2DM across GCC countries is influenced by demographic, clinical, socioeconomic, and behavioral factors. Interventions that enhance self-management practices, address psychosocial needs, and prioritize support for vulnerable groups may improve HRQoL outcomes in this population.

Keywords: Type 2 diabetes mellitus, Health-related quality of life, Gulf Cooperation Council, Sociodemographic factors, Behavioral determinants.

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* Assistant Professor in Health Promotion
Department of Health Promotion and Education
College of Public Health and Health Informatics, Umm Al-Qura University
Makkah, Saudi Arabia.

** Health Education Specialist, Department of Health Promotion and Education,
College of Public Health and Health Informatics,
Umm Al-Qura University, Makkah, Saudi Arabia.