

## **Assessment for Quality of Life for Patients with Chronic Kidney Diseases in Saudi Arabia: A Cross-Sectional Study**

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### **ABSTRACT**

**Introduction:** Studying the quality of life (QoL) for patients with Chronic Kidney Disease (CKD) is crucial as it provides insights into their well-being, treatment effectiveness, and healthcare needs. Understanding factors affecting QoL can lead to improved patient care and interventions tailored to enhance their overall quality of life.

**Objective:** To examine the QoL of patients with CKD in Saudi Arabia.

**Method:** An online survey study was conducted between December 2023 and March 2024 to collect data from CKD patients. The survey was distributed through various social media websites, targeting individuals diagnosed with CKD. Participants were asked about their demographics, CKD diagnosis, treatment, and various aspects of their quality of life. The survey aimed to gather insights into the factors influencing QoL among CKD patients.

**Results:** A total of 302 patients participated in this study. The majority of patients with CKD rated their life in general as "Good" (63.6%). Regarding enjoyment of life, most patients reported an "Average degree" (58.3%). The aspects of life with the highest negative impact on patients with CKD are daily activities (65.9%), work or study (60.9%), and psychological condition and balance (60.9%). Aspects that were more severely affected among patients with CKD are hypertension (27.2% severe), edema (20.9% severe), and shortness of breath (8.9% severe).

**Conclusion:** The study highlights the significant impact of CKD on patients' quality of life. Recommendations include tailored interventions to address the negative impact on daily activities, work or study, and psychological well-being. Healthcare providers should pay particular attention to managing hypertension, edema, and shortness of breath, which were identified as severely affecting patients.

**Keywords:** Chronic Kidney Disease; Quality of Life; Saudi Arabia; Survey

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