

Impact Of Demographic Factors On Quality Of Life Among Hypertensive Patients Aged 50 Years And Older In Saudi Arabia

Abdullah Alghamdi* Abdullah Alaryni* Ahad Marei Alenazi** Lama Shaya Alhosaini** Shahad Hameed AlShammari** Najd Khalid Aljarba** Abdulmalak Abdullah Alsaleh** Omar Abdulaziz Alfozan** Bassam Abdulaziz Alhusaini** Saad Abdullah Alzamy** Fadhah Saud Alhudayris** Lama khalid Alshuaibi** Rayan A Qutob* Abdullah Bukhari* Enad Alsolami*** Abdulrahman M Alanazi*

ABSTRACT

Background: Hypertension has earned the moniker "the silent killer" because to its unique characteristic of often remaining asymptomatic for extended periods, in contrast to numerous other ailments.

Aim: To determine the Quality of Life (QoL) among 50 years and older hypertensive patients in Saudi Arabia.

Methods: A cross-sectional quantitative study using structured interviews was conducted among Saudi hypertensive patients aged 50 years and old. The World Health Organization's Quality of Life (WHOQOL)-BREF to measure the quality of life of patients with hypertension. Binary logistic regression analysis was used to identify predictors of better QoL.

Settings: Imam Mohammad ibn Saud Islamic University Medical Center and King Fahad Medical City in Riyadh, Saudi Arabia for the duration between October 2022 and January 2023.

Results: A total of 392 patients with hypertension participated in this study. Overall, the mean QoL score for the participating patients was 67.7 (SD:13.4), which presents a moderate QoL. The highest QoL score was observed for the psychological health domain (83.7 (SD:14.9)) and the lowest QoL score was observed for the physical health domain (42.8 (SD:8.8)). Male patients and those with higher level of education (bachelor's degree or higher) were more likely to have better QoL compared to others ($p < 0.05$).

Conclusion: Overall, patients with hypertension demonstrated moderate QoL. Male patients and those with higher level of education tend to exhibit a better QoL compared to the rest of hypertensive patients. A multi-center study approach is recommended to confirm our study findings and recommend interventions to improve patients QoL.

Keywords: Hypertension, Quality of Life, Saudi Arabia; WHOQoL-BREF

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* Department of Internal Medicine
College of Medicine
Imam Mohammad Ibn Saud Islamic University, Riyadh, Saudi Arabia.

** Faculty of medicine, Imam Mohammad Ibn Saud Islamic University
Riyadh, Saudi Arabia.
E-mail: Lamaalhosaini1@gmail.com

*** Department of Internal Medicine
College of Medicine, University of Jeddah, Jeddah, Saudi Arabia.