

Quality of Life for Cardiovascular patients in Riyadh, Saudi Arabia

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ABSTRACT

Cardiovascular diseases are the main cause of death throughout the worldwide. improving the quality of life of these patients is one of the most important things that must be taken into consideration to improve their health outcomes. The aim of this study was to assess the quality of life for patients diagnosed with cardiovascular diseases in Saudi Arabia. This is an online observational cross-sectional survey study that was conducted in Saudi Arabia between January and February 2025. A previously validated tool was adopted in this research to examine participants quality of life. The Analysis of Variance (ANOVA) test and the independent t-test were performed to examine the difference in continuous variables. The sample consists of 275 males (70.2%) and 117 females (29.8%). The reliability analysis of the SF-36 questionnaire demonstrated strong internal consistency across most domains. In details, physical functioning had excellent reliability (Cronbach $\alpha = 0.91$), while role functioning (physical $\alpha = 0.89$, emotional $\alpha = 0.90$) and pain ($\alpha = 0.83$) showed strong reliability. Emotional well-being ($\alpha = 0.76$) and social functioning ($\alpha = 0.76$) had good reliability, whereas energy/ fatigue ($\alpha = 0.69$) was acceptable. Females reported lower scores in physical functioning (634.19 ± 273.75) compared to males (746.91 ± 254.77 , $p = 0.001$). Similarly, role functioning (physical) was lower in female (232.48 ± 168.07) than males (298.18 ± 152.70 , $p = 0.001$), as well as role functioning (emotional) (170.94 ± 137.75 and 206.18 ± 127.58 , $p = 0.01$). Participants aged above 61 years old had a significant higher emotional well-being mean (341.27 ± 88.54) compared to 31-40 aged participants (290.36 ± 80.81) ($p = 0.03$). Furthermore, participants with a bachelor degree had a significant higher physical functioning mean 763.05 ± 239.87 compared to participants with a primary school degree. There are many factors that affect the quality of life for cardiovascular patients, including gender, age, education level, and others. Each of them has a major role in influencing the quality of life. It was found that women's physical and psychological condition is lower than men's due to physiological differences. Besides, older people accept the disease better, which positively affects the quality of life. In addition to the educational level, patients who have bachelor degree have better quality of life according to increasing awareness and acceptance of the disease.

Keywords: Cardiovascular; Diabetes; Heart diseases; Hypertension; Quality of life; SF-36

Bahrain Med Bull 2025; 47 (3): 2361-2365

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