



Health-related quality of life in systemic lupus erythematosus and correlated factors

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- **Introduction :**
- We aimed to assess HRQOL in SLE and its correlation with self esteem, depression and medication adherence.

• **Methods:**

- A cross-sectional study conducted on SLE patients, between March 2019 and January 2020. diagnosed according to ACR 1997 criteria. HRQOL was assessed with the Short Form 36 Health Survey (SF-36), self esteem with Rosenberg scale, depression with Beck scale and medication adherence with Morisky scale. A correlation study was performed based on Pearson coefficient.

• **Results:**

- A total of 42 patients with SLE had a mean age 41.5 ± 14.9 years, 36 (85,7%) among them were female. Mean disease duration was 6.5 ± 5.7 years. The Mean Overall Score of the SF36 was 61.7 (8.25 - 91.0).

• **Table 1: Clinical and therapeutic features of the**

Parameters	n(%)
rheumatological involvement	30 (71.4%)
skin involvement	24 (57.1%)
inactive disease	34 (81 %)
corticoids	33 (78.6%)
hydroxychloroquine	39 (92.9%)
non adherence rate	23 (54.8%)
average self-esteem (Rosenberg 's scale)	35 (83.3%)
impaired quality of life (SF36)	22 (52.4%)
Clinical depression (Beck's scale)	6 (14.2%)

• **Table 2: Correlation Study**

Correlation	P value
HRQOL and Medical Adherence	0,12
HRQOL and Depression	0,001

• **Discussion :**

- In this study, we found that most SLE patients (52.4%) had impaired HRQOL , which agrees with the findings in Literature (2) . The results of Donnelly and al (3) showed that Depression was an important predictive risk factors of lower HRQOL , results that are similar to our finding . An impaired quality of life our study was associated with Nonadherence . This correlation was under-researched in the literature. Other Association were demonstrated in Literature : Oral Health ,Age (4) , which is not similar to our results .

Conclusion

More than half of the patients have impaired HRQOL even if the disease was inactive in more than 80% of the patients. Depression in SLE should be assessed and treated when necessary to improve HRQOL,

• **References:**

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