

# Living with chronic hepatitis B: appraisal of health-related quality of life according to SF-36 survey

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## Background :

- The Health-Related Quality of Life (HRQoL) is a multidimensional concept describing individuals' perceptions of their physical, psychological and social functioning in order to help healthcare workers to understand patients' needs and provide better health service quality. The assessment of HRQoL in chronic hepatitis B (CHB) infected subjects is substantial.

- We aim to study HRQoL of patient suffering from CHB and to determine factors associated with impairment of HRQoL.,

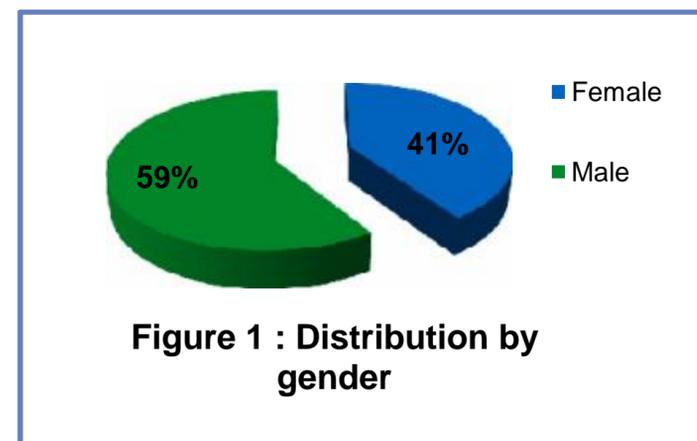
## Materials/methods :

- Patients with CHB were interviewed on November 2015 with a structured sample survey, the SF-36. Mean scores in each field were calculated. Higher scores indicated better health. Additional socio-demographics and clinical data were gathered. One-way ANOVA, t-test and Chi-square test were used in statistical analysis.

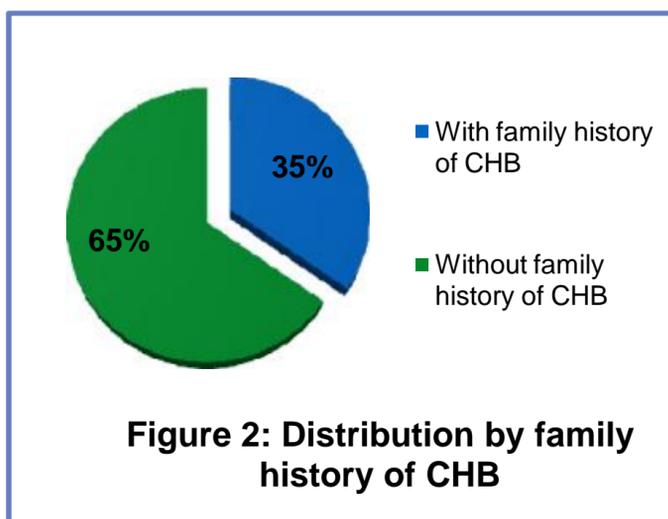
## Results :

### 1-characteristics of our population:

- We enrolled 102 patients with CHB.
- The mean age was  $35.6 \pm 8$  years.
- Sex ratio (M/F) was 1.5. (Figure1)



- There were 84 married patients (82.4%).
- Enrollee came predominantly from urban areas (67.3%) and they had middle socioeconomic level .
- Family history of hepatitis B was present in 34.7%(Figure 2).



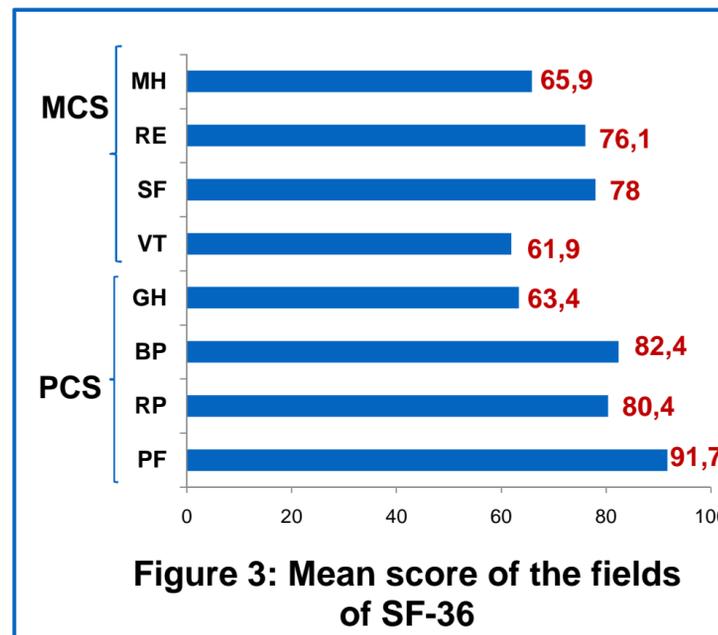
- Prior hospital stay (in at least one time) was found in 22 subjects.
- Twelve patients(11.8%) performed liver biopsy
- Eleven patients(10.8%) received antiviral treatment.

### 2-The SF-36 component summary scores:

- According to the SF-36 scale:
- Our patients had a physical component summary score (PCS) of  $79.4 \pm 17.3$ .
- The mental component summary score (MCS) was of  $70.5 \pm 19.5$ .

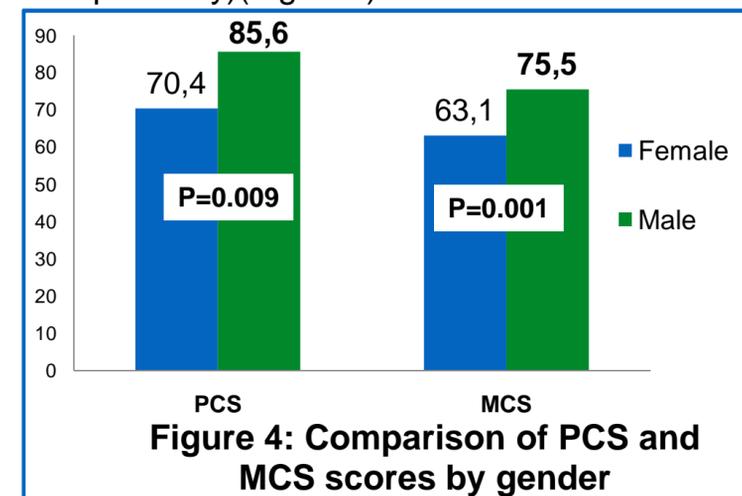
### 3-Analysis of different SF-36 fields:(Figure 3)

- The mean physical functioning (PF) score was  $91.7 \pm 11.5$ .
- Role limitations due to physical problems(RP) mean score was  $80.4 \pm 31.8$ .
- The physical pain (BP) mean score was of  $82.4 \pm 21.5$ .
- General health (GH) mean score was of  $63.4 \pm 19.2$ .
- Vitality (VT) mean score was of  $61,9 \pm 19.1$ .
- Mental health (MH) mean score was of  $65.9 \pm 21.1$
- The social functioning (SF) mean score was of  $78 \pm 21.5$
- Role limitations due to emotional problems (RE) mean score was of  $76.1 \pm 36.4$

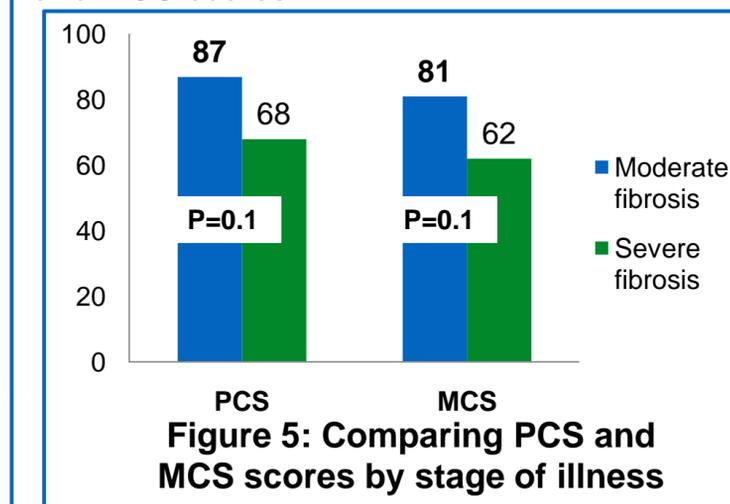


### 4- The association between SF-36 summary scores and the characteristics of the CHB carriers:

- Male CHB carries had higher PCS and MCS compared to female carriers (85.6 vs. 70.4;  $p=0.009$  and 75.5 vs. 63.1;  $p=0.001$  respectively)(Figure4).



- Stage of illness (figure5) and antiviral treatment had no effect on both SF-36 PCS and MCS scores.



## Conclusion

- In our study, CHB carriers had good physical and mental health. In order to improve the quality of care, physicians should recognize the impact of chronic diseases on patient social and daily life.