

Comorbid conditions and health-related quality of life among hypertensive patients.

ABSTRACT

Hypertension and its comorbid conditions may affect patients' quality of life. This study is to determine the relationship between comorbid conditions and health-related quality of life (HRQOL) in hypertensive patients. A total of 173 hypertensive patients were included in this cross-sectional study. Data on sociodemography, prevalence of comorbid conditions, and the Medical Outcomes Study 36-item Short-Form Health Survey (SF-36) scores on HRQOL were obtained through guided interview, using pre-tested questionnaires. The influence of sociodemography and comorbid conditions on SF-36 scores was assessed. Age, gender, and educational level affected most domains of SF-36 scales negatively. Hypertensive patients with heart disease condition recorded lower scores in most of the SF-36 domains. Diabetes too affected negatively five domains especially the physical constructs. Previous stroke has a negative impact on physical functioning, general health, vitality, and mental health, whereas the negative influence of nephropathy only affected physical functioning. We conclude that hypertension and comorbid conditions are associated with decreases in HRQOL. Therefore, preventing or reducing the complications of hypertension is needed in order to improve quality of life among hypertensive patients.

Keyword: Health-related quality of Life; Hypertension; Comorbid conditions; Malaysia.