RESEARCH

Predictive factors of Quality of Life in older adults during the COVID-19 pandemic

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Abstract

Background: Given the vulnerability of older people to COVID-19, it is important to consider their physical and mental wellbeing and quality of life (QoL) in the COVID-19 pandemic. Therefore, the present study was aimed to identify the QoL and its predictive factors among a sample of Iranian older adults during the COVID-19 pandemic.

Methods: This descriptive and cross-sectional study was conducted on 500 older people residing in Qazvin, Iran, from May 22th to November 21rd, 2021. Multistage cluster sampling method was used for selecting the eligible older adults. Data were collected using the demographic checklist, fear of COVID-19 scale, and Elderly Quality of Life Questionnaire (LIPAD). The multivariate regression model was used for determining the predictive factors of QoL in older people.

Results: The mean age of older participants was 69.17 ± 6.75 years old. The results of multivariate regression model showed that fear of COVID-19, age, marital status, level of education, living arrangement, and economic situation were the significant predictors of QoL in the older adults during the COVID-19 pandemic.

Conclusions: It is recommended to pay close attention to divorced, lonely, and illiterate older people and those with low economic situation during the COVID-19 pandemic.

Keywords: Aged, Quality of life, COVID-19, Fear

Background

China reported the emergence of a new influenza-like virus that infected many people in Wuhan in December 2019 [1]. Despite efforts to control the virus across the city, the disease has spread rapidly in China and other countries worldwide [2]. The virus was very similar to the coronavirus that appeared in China from 2002 to 2003, and it was known as a severe acute respiratory syndrome (SARS). For this reason, the World Health Organization (WHO) named the virus SARS COVID-2 and the resulting disease COVID-19 in February 2020 [3]. COVID-19 is a warning shot for the world [4, 5]. According to the

WHO report, in June 2021, three million Iranian patients infected with COVID-19 have been identified, of which more than 83,000 deaths were recorded [6].

Older adults are more susceptible to COVID-19 infection, caused by a defective immune system response to infectious diseases [7]. In this regard, Liu et al. showed that the prevalence of COVID-19-related deaths was higher among people 60 years and older than in other population groups [8]. U.S. Centers for Disease Control and Prevention also reported that although people aged 65 years and older make up 17% of the total population, 31% of people infected with the virus, 45% of inpatients, 53% of ICU inpatients, and 80% of COVID-19-related deaths occur among the older adults [9]. Older adults are more likely to get severe illnesses and death from COVID-19 [10]. Factors that can cause poor health outcomes in older adults include age-related physiological changes, chronic diseases such as cardiopulmonary

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