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## **Association of metabolic syndrome and health-related quality of life among Qazvin adults**

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### **Abstract:**

**Background:** Several components of the metabolic syndrome including obesity, hypertension and diabetes have been associated with decreased health-related quality of life. The objective of this study was to determine the association of metabolic syndrome and health-related quality of life among adults in Qazvin, Iran.

**Methods:** This cross-sectional study was conducted in 1071 people (aged 20–78 years old) who were randomly selected using multistage random sampling method between September 2010 and April 2011 in Qazvin, Iran. Metabolic syndrome was defined based on ATP III criteria. Health-related quality of life was assessed using the SF-36 questionnaire. A logistic regression analysis was used to examine the association of quality of life and metabolic syndrome.

**Results:** Of 1071, 556 (51.9%) were female and 30.6% had metabolic syndrome. There was a gradual decrease in the mean scores of all SF-36 domains in subjects with metabolic syndrome. The mean scores of physical functioning, bodily pain and general health domains in subjects with metabolic syndrome were significantly lower than normal subjects. In logistic regression analysis, role physical domain was associated with 1.01 fold increased risk of metabolic syndrome after adjustment for age, gender.

**Conclusion:** Physical domains of health-related quality of life in subjects with metabolic syndrome were poorer than normal subjects in Qazvin.

### **Keywords:**

Health-related Quality Of Life, Metabolic Syndrome, Cardiovascular Disease

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