Abstract: Objectives: Peptic Ulcer Disease (PUD) is one of the most prevalent diseases. Its prevalence is 6-15% and about 10% of people experience its symptom in their life. PUD can have a considerable impact on patients’ quality of life (QOL). The aim of this study was to examine the quality of life status in patients with PUD in Sanandaj, Iran.

Materials and methods:
A non-probability sample of 120 outpatients with PUD, referring to Beasat Hospital, in the city of Sanandaj, participated in the study. The study took place between March and June of 2009. MOS-SF-20 (Medical Outcome Survey-Short Form-20) questionnaire was used to measure the quality of life in these patients. The data collected by interview and analyzed by SPSS v. 11.5. The statistical analysis of the data included Spearman Rho correlation, t-test, and one-way ANOVA.

Results:
The respondents had a low quality of life, especially, in the case of “Pain” (68.5%; the higher percent, the worse QOL) and “Health Perception” (30.2%; the higher percent, the better QOL) however in terms of “Physical Function” (70.7%) had a better condition. Age, Education level and Income were significantly related to all domains of quality of life of the patients (p<0.05).

Conclusion:
Educational interventions in order to promote the low level of QOL in these patients are necessary. Promotion of pain and the patients' health perception should be priorities of any programs aimed at promoting quality of life among peptic ulcer patients. The findings of this study may be useful for health care providers who planning intervention programs in order to improve health status and quality of life in patients with ulcer peptic.

Quality of Life, Peptic Ulcer Disease, Medical Outcome Survey-Short Form-20 (SF-20)
Presentation: Poster