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**Title:** Health related quality of life in children with thalassaemia on the basis of SF- 20 in Yazd, Iran: a case control study

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**Abstract:** Introduction: Thalassaemia is an increasingly serious public health problem throughout the Mediterranean region, Middle East, Indian subcontinents and also South East Asia. Its global prevalence is about 2 per 1000 newborn while its prevalence in Iran is 8-4 per 1000 newborn. Children with thalassaemia appear well at birth, but anemia develops and becomes progressively worse due to partial or total absence of hemoglobin. If left untreated, this could lead to early deaths. For those children that survived, this conditions impose serious implications on health related quality of life. The aim of this study was to compare the Health Related Quality of Life (HRQoL) of thalassaemia patients with the HRQoL of healthy children in terms of essential core domains for pediatric HRQoL measurement.

**Material and Methods:** This cross sectional study has been done in Yazd, Iran. 60 thalassaemia patients were selected randomly as case group and 120 healthy children as control group who were matched with respect to age and gender. The health related quality of life was measured with a self – administrated short – form questionnaire of Medical Outcomes study (SF-20). The SF-20 measure contains three dimensions that both of them are about function (physical, social and role) and about well- being (mental health, health perception and pain). Data were analyzed using descriptive and inferential statistics.

**Results:** The results of this study showed significant difference between all dimension of SF- 20 and QOL of patients in the case and control group (P< 0.001). The QOL in the case group was 75.05(SD=9.38), but in the control group was 93.4(SD=6.42) out of 100.

**Conclusions:** The effect of thalassaemia on the HRQoL of these children has made reduction of their physical, social and mental capabilities. Patients with thalassaemia require self-managing their disease, which is a lifetime struggle to maintain and increase QOL. If one of the goals of health care is to improve QOL, then it seems important to understand how illness affects QOL and how we can control thalassaemia and increase the QOL. Indeed, one rationale for including QOL assessment in clinical trials is to train patients and promoting their information and care skills to help them in choosing treatment strategies that are consistent with their lifestyles.

**Keywords:** QOL, SF-20, Thalassemia

**Presentation:** Poster