

749 METABOLIC CONTROL SIGNIFICANTLY IMPACTS QUALITY OF LIFE OF NIGERIANS LIVING WITH TYPE 2 DIABETES

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Background: A key target in the management of diabetes mellitus (DM) is the quality of life (QoL) of the person living with diabetes. The SF-36 questionnaire is a tool widely used to study HRQOL and several factors impact on QoL.

Objective: To determine the relationship of metabolic and clinical factors versus HRQOL in Nigerians with type 2 diabetes (T2DM).

Methodology: This was a cross sectional study involving adult T2DM Nigerians attending Diabetes Clinical of the Lagos University Teaching Hospital. SF-36 questionnaire was used to obtain HRQOL data. The HRQOL scores were analysed against glycaemia, lipidaemia, clinical features, socio-demographics and self-care scores using SCI-R questionnaire. Significance of relationship was determined statistically ($p < 0.05$) and size effect.

Results: The mean age, BMI and HbA1c of the participants were respectively 53.77 ± 7.84 years (57% females), 28.36 ± 5.04 kg/m² and $8.23 \pm 2.08\%$. Total SF-36 scores of males females were similar.

The total SF-36 score was negatively correlated with metabolic indices, with HbA1c showing the strongest impact. Relationship of HRQOL with self-care was direct with moderate clinical significance ($r = 0.240$). There was no significant correlation between blood pressure, BMI, waist circumference, WHR versus HRQOL. The mental health (MH) and physical health (PH) components of SF-36 were strongly associated with each other and with total SF-36 scores as well as metabolic control. Males had significantly higher MH and PF scores than females.

Conclusion: Among Nigerians with T2DM, metabolic control is significantly related to their QoL. Higher mental health is associated with male sex, older age and higher socio-economic class.