

HEALTH-RELATED QUALITY OF LIFE AMONG HEPATITIS C PATIENTS IN PAHANG STATE, MALAYSIA: A CROSS-SECTIONAL STUDY

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ABSTRACT

Background: Measurement of health-related quality of life (HRQOL) among hepatitis C patients is crucial in assisting health care providers to understand the complex psychosocial impact of disease on patients, thus facilitating a more patient-centred care. This study aims to measure the HRQOL among hepatitis C patients attending a tertiary hospital in Pahang, Malaysia.

Methods: This was a cross sectional study conducted among 195 hepatitis C patients attending Hospital Tengku Ampuan Afzan (HTAA), the main public tertiary hospital in Pahang. HRQOL was assessed using the 36-item short-form survey (SF-36v2).

Results: Respondents had lower scores in physical and mental health components of HRQOL than normal population. Those who completed treatment had higher scores in both physical and mental health component, compared to those who was not treated or on treatment. There was no significant association between HRQOL and gender, age, marital status, employment status and education level.

Conclusion: Our findings showed that patients with hepatitis C, in general, have poor HRQOL in both physical and mental health components. Disease management should take into account patients' quality of life as part of the interdisciplinary approach.

Keywords: *Resilience; Health-Related Quality of Life (HRQOL); Hepatitis C; Malaysia*

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