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Investigating the relationship between quality of life with lipid and glucose levels in Iranian diabetic patients

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Abstract

Background: Metabolic disorders including obesity, diabetes and hyperlipidemia are the most important human health problems.

Aims: This study aimed to determine the relationship between quality of life (QOL) with lipid and glucose levels in diabetic patients of Hamadan, Iran in 2016.

Methods: This was a cross-sectional study. The research sample consisted of 112 patients with type II diabetes (56 men and 56 women) who were referred to the public hospitals and diabetes research center in Hamadan, Iran. The samples were selected randomly from the list patients. Data were collected using a questionnaire that consisting of three parts: demographic characteristics , quality of life and the laboratory results of Fasting Blood Sugar (FBS), blood lipid profiles and HbA_{1c}. Data were analyzed using SPSS 20 software.

Results: The average age of men was $12/4 \pm 5/8$ years and the average age of women was $15/2 \pm 5/1$ years. This study showed that the QOL in 53.6 percent of people was undesirable and 46.4 percent were desirable. HbA_{1c} level was significantly higher in men than women. Whereas, HDL levels were significantly higher in women than men ($p > 0/05$). There was no significant correlation between blood lipids, FBS and quality of life of patients. The individual characteristics such as education, economic status and duration of diabetes had significant correlation with quality of life ($p < 0/05$).

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