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QUALITY OF LIFE IN THE WEST OF IRAN: A CROSS-SECTIONAL DESCRIPTIVE AND ANALYTIC STUDY

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Introduction: Quality of life is an important factor in evaluating health and therapeutic problems; therefore quality of life evaluation is an important issue in medical articles. The present study investigates quality of life in 15-64 years old subjects in Kurdistan province.

Aims: Determining factors impacting quality of life in Iran.

Objectives: The present study investigates quality of life in 15-64 years old subjects in Kurdistan province.

Methods: This is a cross-sectional descriptive and analytic study. The target population was 15 to 64 years old population in Iran. 700 individuals participated in this study. The information gathered with Euro His questionnaire. The data was then analyzed by using independent t test and multiple regression.

Results: Subjects included 352 males (50.4%) and 346 females (49.6%). Quality of life mean score in all subjects was 28.18 (± 4.6). The mean score in men and women were 28.78 and 27.57 respectively. Asthma, smoking, female sex, residency in urban and low income had negative effect on quality of life in multiple regression ($R^2 = 0.151$) but age, diabetes, hypertension and sport activity didn't have any effect on quality of life after adjustment for other variables.

Conclusion: Quality of life score in women was lower than men. It is thus necessary to examine effective factors on decreased quality of life in women and making plans to eliminate the negative factors. According to the results, low income, smoking, residency in urban and asthma have adverse effects on quality of life. These factors should thus be considered in health programs.