

Quality of Life Assessment Among Multiple Sclerosis Patients, Saudi Arabia - Cross Sectional Study

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**Background:** Multiple sclerosis (MS) is an unpredictable, inflam-matory, chronic, and potentially disabling neurological disease that is very common in young adults. The aim of this study is to determine the health-related quality of life (QoL) among patients with MS living in Saudi Arabia.

**Methods:** A cross-sectional study was carried out to assess the QoL of patients with MS. Patients were recruited from outpatient clinics of tertiary hospitals in five regions (south, east, west, mid-dle, and north). Clinical and demographic data were collected, as well as information on patients' health status using the Arabic translation of the self-reporting 36-Item Short-Form (SF-36) questionnaire to assess QoL. The Patient Determined Disease Steps (PDDS) was used to measure disability. Data were analyzed using descriptive statistics, Mann–Whitney test, Kruskal–Wallis test, and Spearman's coefficient correlation.

**Results:** Of the 598 patients with MS studied, 384 (64.2%) were female. The mean score for males was higher than for females in all SF-36 QoL subscales. The mean age was 32.4 years (standard devia-tion (SD) = 8.4 years). The mean age at disease onset was 26.9 years (SD = 7.6 years). The mean duration of illness was 6.5 years; the mean number of admissions was 1.4 (SD = 1.7). Patients had the low-est scores in role motioning/emotional scale (mean = 42.6, SD = 43.3). The PDDS was negatively correlated with all SF-36 QoL subscales. SF-36 QoL for patients with MS differs significantly through demo-graphic characteristics at a level of significance of 0.05.

**Conclusion:** This study concluded that patients with MS have a low QoL score and need more interests. Further development of the registration will provide access to the entire population of patients with MS and help comprehensively analyze the factors that affect the quality of their lives.