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## Health-Related Quality of Life in Chronic Kidney Disease Patients: A Cross-Sectional Study

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### Objectives

To evaluate the influence of non-dialysis-dependent chronic kidney disease (ND-CKD) on the health-related quality of life (HRQOL) of ND-CKD patients.

### Methods

A cross-sectional study design was utilized to assess the effect of ND-CKD on HRQOL measures of ND-CKD patients at Penang General Hospital in Penang, Malaysia. A total of 526 CKD patients who fulfilled the inclusion criteria were asked to fill the 36-item short-form health survey (SF-36). SF-36 instrument measures health based on eight multiple-item dimensions that cover functional status, wellbeing and overall health evaluation. The English version of SF-36 was translated into Malay language, validated and administered to the subset of participants who don't speak English.

### Results

Nearly 67% of participants were Females, and the mean ( $\pm$  SD) age of respondents was 70 ( $\pm$ 10.4) years. The Chinese race represented 53.2% of participants, 59% of respondents earned less than 2000 Malaysian Ringgit (MYR) a month, and 42% of them were stage III ND-CKD patients. The HRQOL scores were significantly affected by the severity of ND-CKD, as it were consistently lower at advanced ND-CKD stages especially in elderly patients. Female gender was associated with lower HRQOL in all scales except the bodily pain (P) one. Patients with higher monthly income showed significantly higher role-function (RF) score than their counterparts.

### Conclusion

These observations highlight the strong impact of ND-CKD on HRQOL that needs to be appropriately considered and addressed. Further studies to design and evaluate potential interventions for improvement of HRQOL in ND-CKD patients are warranted.

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