Gac Sanit. 2025;39(S2):255

Gaceta Sanitaria

https://www.gacetasanitaria.org

123 - QUALITY OF LIFE IN TYPE 2 DIABETES MELLITUS: KNOWLEDGE TO EMPOWER

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Resumen

Background/Objectives: The quality of life (QoL) of the person with Type 2 Diabetes Mellitus (T2DM) can be significantly affected by the physical and psychosocial burdens of self-managing the disease. Chronic symptoms, the need for ongoing treatment, lifestyle changes, living with and managing complications related to the disease, can have an impact on the person's social life and daily functioning and often lead to emotional distress, anxiety, and depression, impacting QoL. This study aims to understand the impact of T2DM on the different quality of life dimensions (mobility, self-care, usual activities, pain/discomfort, anxiety/depression).

Methods: A descriptive cross-sectional study was developed from September 2022 to March 2023, employing a sample of 365 individuals diagnosed with T2DM, from primary healthcare Portugal. Data were collected using the EQ-5D-5L instrument to assess quality of life and analyzed through descriptive and inferential statistical methods.

Results: T2DM person reported a global perception of their health (EQ-VAS) of 70.53% (on a scale of 0-100). Analyzing the QoL, different dimensions revealed that 57% (n = 208) live with pain/discomfort, 44.6% (n = 163) with anxiety/depression, and mobility difficulties 28.8% (n = 105), in carrying out usual activities 18.9% (n = 69), and in self-care 10.1% (n = 37). Concerning gender, females were associated with lower QoL in the pain/discomfort and anxiety/depression dimensions, with statistical significance (p-

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value < 0.05).

Conclusions/Recommendations: T2DM, as a chronic disease, presents itself as a challenge to people's QoL through the need for continuous fundamental care for metabolic control, prevention of symptoms and complications, leading people to multiple experiences throughout their lives. It is therefore important to contribute to empowering and supporting people in different dimensions, thus helping to promote QoL.

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