

The quality of life in patients with abnormal uterine bleeding and the factors affecting it at Amir-al-Momenin Hospital

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Background and Objectives: Abnormal Uterine Bleeding (AUB) is a disorder that adversely affects the personal life of women of reproductive age. AUB has detrimental effects on the quality of life in patients. Improving the Health-Related Quality of Life (HRQL) is the primary goal in the treatment of AUB and the improvement of quality of life is considered a treatment outcome in these patients. The present study was conducted to assess the quality of life in patients with AUB and the factors affecting it in Semnan, Iran.

Materials and Methods: The present cross-sectional analytical study was conducted in 2015-16 on 152 women with AUB presenting to the gynecology and obstetrics clinic of a hospital in Semnan. The quality of life was assessed in women presenting to this center with AUB using CHAT and SF-36 and the data obtained were analyzed in SPSS-21 at the significance level of $P < 0.05$.

Results: The results obtained from the 152 patients examined showed that the quality of life does not depend on age, gender, marital status, place of residence, occupation, education, BMI or hemoglobin level in this group, but does on menorrhagia, which affects the dimensions of physical functioning, vitality, social functioning, pain and general health perception, but not the dimensions of role limitations caused by physical health problems, role limitations caused by emotional health problems and mental health.

Conclusion: Women with AUB, especially those with menorrhagia, have a low quality of life.

Keywords: Quality of Life, Menorrhagia, HRQL-AUB