



Quality of Life in Saudi Arabia : A Patient-Reported Outcome Measures Information System (PROMIS) – 10 Global Health Study

Rami Al-Jafar 1,2, *Razan AlGhassab1, Abdullah Al-Zeer1, Ahmed Alkhalifah1, Esraa Alnazzawi3, Tala Althenayan4, Abdulaziz ALJandal1, Fahad AlRomaih1, Fahad Alsaawi1, Khalid Alrajhi 1,5

INTRODUCTION

- Saudi Arabia is experiencing rapid economic and social changes affecting population health.
- Disease prevalence is well-studied, but its impact on individuals' quality of life is not well understood.
- PROMIS Global Health questionnaire can effectively assess the quality of life in Saudi Arabia and identify the factors associated with low health quality.

OBJECTIVE

- Evaluate overall health-related quality of life.
- Investigate key factors shaping health outcomes.
- Establish baseline for future comparisons.
- Inform decision-makers and aid in resource allocation.

METHODS

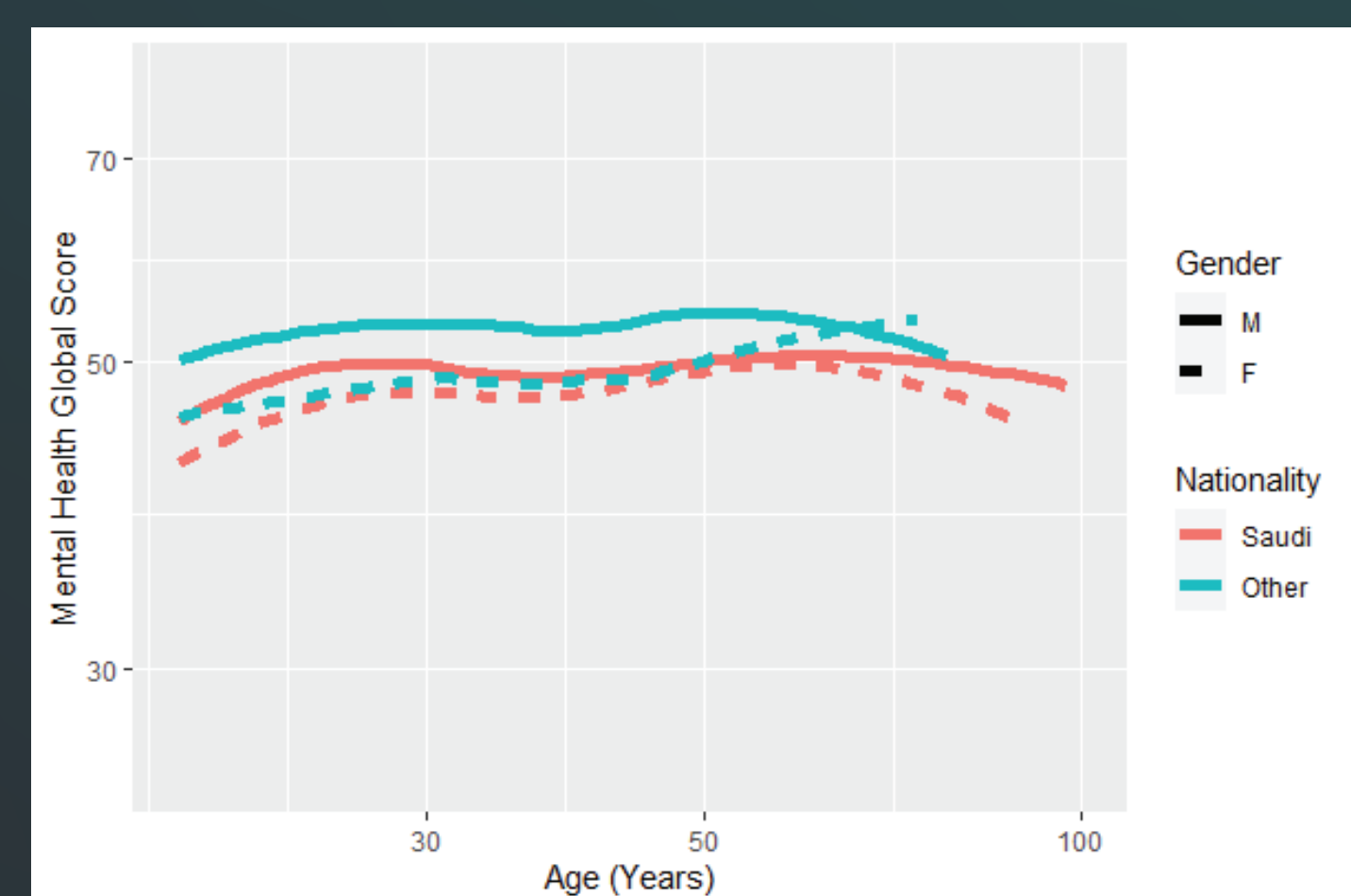
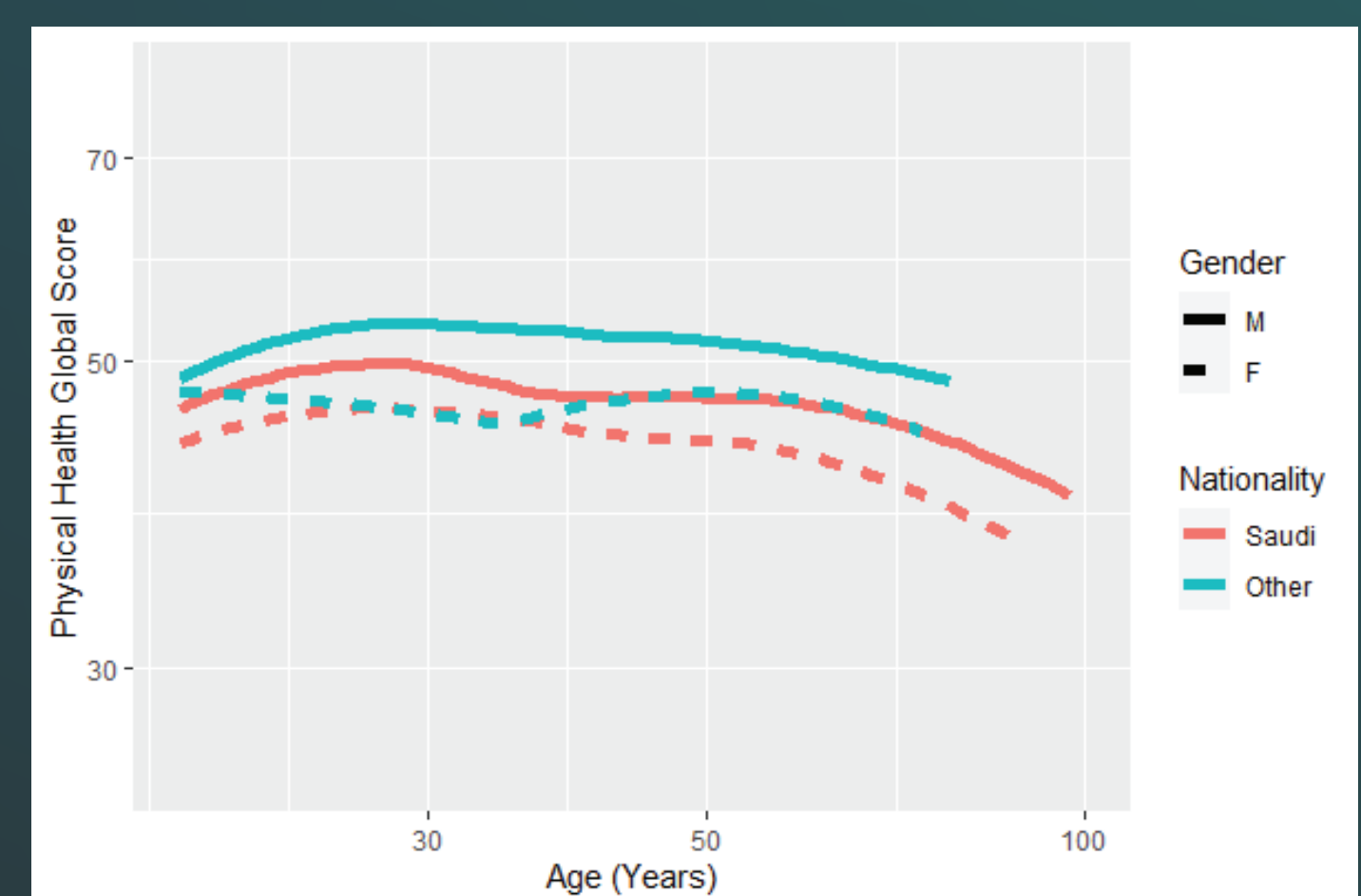
- Cross-sectional study with a sample of 40,000 individuals randomly selected from a national registry (37,160,000 individuals).
- Employed the PROMIS-10 Global Health survey to measure health-related quality of life.
- Assessed mean and standard deviation of physical and mental health scores.
- Utilized two multiple linear regression models to evaluate adjusted mean differences across different subgroups.

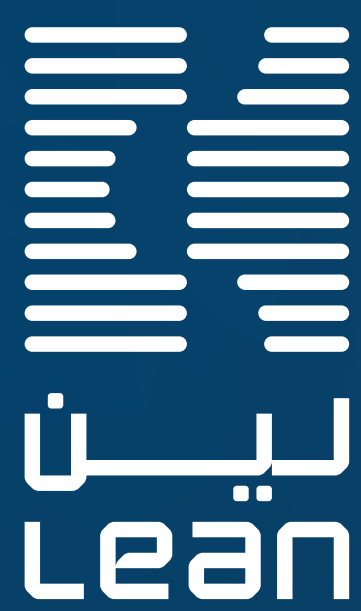
CONCLUSIONS

Saudi Arabia's overall health-related quality of life is in acceptable range and is comparable to the US, but disparities exist. Further research is needed to understand these differences and inform decision-makers on reducing inequalities.

RESULTS

- Survey included 3,630 individuals with an average age of 38.6 ± 12.1 , with 60.1% (n=2182) being males.
- Compared to the US reference population, the Saudi population had a "good" physical health score (48.52 ± 9.83) and a "Very good" mental health score (50.48 ± 10.28).
- Physical health scores decreased after age 50.
- Being Saudi or female was associated with lower physical and mental health scores.
- Southern regions demonstrated better health scores compared to other areas.





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