

Assessment of Quality of Life for Women with Multiple Sclerosis under 60 Years Old at AL-Najaf City

Sahar FakriJassim, MSN*
ShathaSaadi Mohammed, Ph.D. **

Abstract:

Background:MS is a progressive neurological condition that impacts the quality of life (QoL) of individuals at the physical, psychological and social aspect. It primarily impacts young adults with maximum potential, hinders the execution of their initiatives and causes doubt regarding their future

Aims:The study conducted to assess of (QOL) of women with (MS) under 60 years of age and to correlated some factors with quality of life for MS women ,found out an association between demographic and clinical data with quality of life.

Methods:Descriptive study has been conducted atAl-Najaf Al-Ashraf Health Directorate/ Al-Sadder Medical City/ Euphrates center for neuroscience period it's from 24 September 2019 to 26 Jun 2020.the total participants were(N=75)women selecting by usingA non-probability sampling approach .the data collecting by usingestablished questionnaire and analyzed electronically by using SPSS program

Results.largest proportion of (57.3%) of women were partially have problem in their physical health,(52% of women were always have pain,(56% of women were partially have problem in their emotional health, (49.3%) of women were never have problem in their social health,(48%) of women were sometime perform activities,(52%) of women were partially have cognitive function problem , (45.3%) of women were always have depression,(57.3%) of women were always have fatigue.

Conclusions:.The study concludes that life quality of for women with multiple sclerosis under 60 years old is partially impaired in addition impairment appear in physical health, emotional health, social health, cognitive function, activities of daily living, pain, fatigue and depression appear the most factor affecting quality of life of MS women

Keywords:Quality of life, multiple sclerosis women .

1. Introduction:

(MS) is a progressive neurological disorder marked by disseminated demyelination of the (CNS)involves both males and females, although the illness impacts women 2 to 3 times as often than males. It is also not shocking that there are more women who suffer from illness (Mohammadi et al., 2013).

It is a progressive complicated condition that is commonly thought to be autoimmune in origin. It is induced by self- lymphocytes that Pass the blood barrier to reach the CNS where they induce systemic inflammation resulting in demyelination scarring and axonal failure. (Huang, Chen, and Zhang 2017).

It is one of the most prevalent chronic neurological disorders affecting around 1 in 1,000 individuals. It is believed that there are 1.1 million patients worldwide. The condition is episodic with complete recovery, divided by unforeseeable relapses. With experience, 80 percent of patients undergo a transition to permanent illness in the secondary progression process. Just one in five patients would still stay healthy (Mitchell et al., 2005).

* Master Student, Adult Health Nursing, College of Nursing, University of Babylon.

**Assistant Prof., Adult Health Nursing, College of Nursing, University of Babylon.

.MS may cause a number of symptoms, including sensational symptoms, vision disturbances, muscular weakening, exhaustion, balance and speech issues, extreme fatigue, neurological dysfunction, imbalance, and discomfort. In more severe situations, MS can cause reduced movement and impairment (Brola, 2010)

Evidence indicates that MS patients have decreased QOL compared to healthy individuals and others living with certain severe disorders, like inflammatory bowel disorder, ischemic stroke and rheumatoid arthritis. The main aim of clinicians and physicians is to enhance the QOL in persons with MS. It will be done through recognizing physiological, neurological and social differences. (Mcauley, Motl, and Mcauley 2016).

Objectives of the study:

To assess (QOL) of women with (MS) under 60 years of age.

2. Methodology:

Descriptive research has been conducted at "Al-Najaf Al-Ashraf Health Directorate/ Al-Sadder Medical City/ Euphrates center for neuroscience" period it's from 24 September 2019 to 26 Jun 2020. A non-probability sample of 75 females were included in the study who have multiple sclerosis. The legitimacy and the questionnaire accuracy is measured by (13) experts from various areas of expertise for the instrument review of the study and the unwavering quality through utilizing the Alpha Cronbach's procedure for inspecting the investigation instrument.. The questionnaire includes three parts **Part 1: Demographic Data** This information sheet contains (6) components, including age, socio-economic state, educational level, resident status, marital state and occupational status.. **Part 2: Clinical Data** Those 2nd section of checklist contains (4) elements that include age at onset of illness, length of illness, number of relapses at last 3 months, family history of MS. **Part 3: Patients' quality of life** This section of the instrument contains of (9) domains, general health domain consist of (4) items; physical health domain consist of (4) items; Emotional health domain consist of (7) items; social health domain consist of (6) items; daily activities domains consist of (8) items; cognitive function domain consist of (5) items; depression domains consist of (5) items; fatigue domains consist of (4) items; pain domain consist of (5) items

The data of the present research has been analyzed electronically via (SPSS) version 22. In two way descriptive and inferential statistics such as frequencies, percentage, and chi-square in order to achieve the objectives of the research

3. Result:

Table 1: Descriptive Statistics of Women Demographic

No.	Age	N	%
1	20-29 years old	26	34.7
2	30-39 years old	24	32.0
3	40-49 years old	19	25.3
4	50 and older	6	8.0
Total		75	100
Mean+ SD.=			
No.	Levels of Education	N	%
1	Able to Read and Write	2	2.7
2	Primary school graduated	4	5.3
3	intermediate school graduated	7	9.3
4	Preparatory School Graduate	6	8.0
5	Institute graduated	10	13.3
6	College graduate	43	57.3
7	Post Graduate	3	4.0
Total		75	100.0
No.	Socioeconomic Status	N	%
1	Sufficient	23	30.7
2	Sufficient to some extent	33	44.0
3	Insufficient	19	25.3
Total		75	100.0
No.	Residency	N	%
1	Rural	4	5.3
2	Urban	71	94.7
Total		75	100.0
No.	Marital Status	N	%

1	Single	19	25.3
2	Married	49	65.3
3	Divorced	3	4.0
4	Widowed	2	2.7
5	Separated	2	2.7
Total		75	100.0
No.	Occupation	N	%
1	Student	5	6.7
2	Housewife	35	46.7
3	Retired	11	14.7
4	Employee	22	29.3
5	Private Worker	2	2.7
Total		75	100.0

Table (1) reveals that (75) subject who participated in this study their ages ranged from (20-29) years old and constituted (34.7%) of the participant .

The obvious from results that collage graduated more than half of the study sample. It constituted (57.3%) out total number of the study population.

The result show about(44.0)have moderately socioeconomic status .Among the study results, most of the study sample were urban residents, it constituted (94.7%).

The results reveal the distribution of study sample between married to single as mostly. Where the proportion of married couples was the majority, it constituted (65.3%) out total number. It's also, the divorced, separated and widowed among those findings small percentages. As well as, the Housewife of them constituted the largest percentage (46.7%) Out of the research sample in total.

Table 2: Women Quality of Life related to Physical Health

list	Physical Health Items					
1	Reduce time you can spend in activities such as work					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	26	34.7	1.73	0.600	Sometime
	Sometime	43	57.3			
	Never	6	8.0			
Total	75	100.0				
2	Accomplished less than you would like					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	34	45.3	1.60	0.593	Always
	Sometime	37	49.3			
	Never	4	5.3			
Total	75	100.0				
3	Was restricted in the sort of job or specific activities					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	31	41.3	1.73	0.704	Sometime
	Sometime	33	44.0			
	Never	11	14.7			
Total	75	100.0				
4	Had difficulties in perform work or any other activity					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	21	28.0	1.88	0.657	Sometime
	Sometime	42	56.0			
	Never	12	16.0			
Total	75	100.0				

Table (2) illustratelargest proportion of (57.3%) of women were partially have problem in their physical health

Table 3: Women Quality of Life related to Emotional Health

list	Emotional Health Items					
1	You feel sad					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	20	26.7	1.81	0.562	Sometime
	Sometime	49	65.3			
	Never	6	8.0			
Total	75	100.0				
2	You lose the hope in fight against illness					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	9	12.0	2.40	0.697	Never
	Sometime	27	36.0			
	Never	39	52.0			
Total	75	100.0				

3	You able to enjoy in life					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	11	14.7	2.16	0.658	Sometime
	Sometime	41	54.7			
	Never	23	30.7			
Total	75	100.0				
4	You depressed by your condition					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	17	22.7	2.04	0.706	Sometime
	Sometime	38	50.7			
	Never	20	26.7			
Total	75	100.0				
5	You feel useless					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	9	12.0	2.37	0.693	Never
	Sometime	29	38.7			
	Never	37	49.3			
Total	75	100.0				
6	Do work or other activities as carefully as usual					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	7	9.3	2.24	0.612	Sometime
	Sometime	43	57.3			
	Never	25	33.3			
Total	75	100.0				
7	You feel overwhelmed					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	41	54.7	1.47	0.528	Always
	Sometime	33	44.0			
	Never	1	1.3			
Total	75	100.0				

Table (3) reveal that largest proportion of (56%) of women were partially have problem in their emotional health

Table 4: Women Quality of Life related to Daily Activities

list	Daily Activities Items					
1	Activities such as running, lifting heavy objects					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	33	44.0	1.71	0.712	Sometime
	Sometime	31	41.3			
	Never	11	14.7			
Total	75	100.0				
2	Activities as moving a table, vacuum cleaner					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	10	13.3	2.17	0.645	Sometime
	Sometime	42	56.0			
	Never	23	30.7			
Total	75	100.0				
3	Climbing one step of stairs					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	11	14.7	1.71	0.720	Sometime
	Sometime	29	38.7			
	Never	35	46.7			
Total	75	100.0				
4	Climbing several steps of stairs					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	14	18.7	2.19	0.730	Sometime
	Sometime	33	44.0			
	Never	28	37.3			
Total	75	100.0				
5	Bending, kneeling					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	15	20.0	2.27	0.777	Sometime
	Sometime	25	33.3			
	Never	35	46.7			
Total	75	100.0				
6	Walking long distance					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	24	32.0	1.96	0.779	Sometime
	Sometime	30	40.0			
	Never	21	28.0			
Total	75	100.0				
7	Bathing or dressing yourself					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	9	12.0	2.64	0.690	Never
	Sometime	9	12.0			

	Never	57	76.0			
	Total	75	100.0			
8	Outdoor activities: i.e. shopping					
	<i>Rating</i>	<i>N</i>	<i>%</i>	<i>M.S.</i>	<i>S.D.</i>	<i>Assessment</i>
	Always	16	21.3	2.19	0.766	Sometime
	Sometime	29	38.7			
	Never	30	40.0			
Total	75	100.0				

Table (3-6) reveals the largest proportion of (48%) of women were sometime perform activities

Discussion:

Discussion the Descriptive Statistic of women with multiple sclerosis Demographic Variables

Out of (75) subject who participated in this study their age ranged from (20-29) years old and constituted (34.7%) of the study sample. . As well as, the participants live in urban areas with moderately economic which accounts (94.7)respectively. about (65.3%) of women was married this result agree with(Albuquerque, Geraldo, Martins, & Ribeiro, 2015) descriptive, correlational, quantitative, cross-sectional study found most of study participant were live in urban areas (63.0%), married (72.2%), age between 20 and 31 years

The result of our research show the majority of women educated recorded (57.3%) who are college graduated the result come with (Farran et al., 2020) found the majority of participant(45.4%)attended university education

Regarding occupation the result show the majority of women was house wife consist about(46.7%) of participant and this result agree with(HadiKooshiar et al.2012) found most of participant 75.7% housewife

Discussion of Women Quality of Life related to Physical Health

The study result show that most of women consist(57.3%) have problem in physical health . This result agree with(Beckerman, de Groot, Scholten, Kempen, & Lankhorst, 2010) "People with multiple sclerosis (MS) are less physically active than those without the disease. Participants with MS were less active if their disease was more

evere, or if they had children to care for. A lot of environmental and personal elements possibly will impact behaviors of physical activity. Personal factors consist of demographic factors; disease-related factors; and cognitive and behavioral factors, such as knowledge of the effects of physical activity on health, attitude toward physical activity, self efficacy, perceived benefits and barriers motivation to adhere, and past physical activity behavior. Environmental factors include the social influence of family members

Discussion of women quality of life related to emotional health

The result of study clearly showed that about56%of participant have sometimes problem in emotional health (Alshubaili, Ohaeri, Awadalla, & Mabrouk, 2008)The study shows that patients with MS appear to have a poorer emotional experiences especially in comparison to a stable people

Discussion of women quality of life related to daily living activities

The result of study show about 48% of women have moderate independency to carry out daily activities such as outdoor activities, walking, and lifting heavy objects.

(Marzeyeh Mousaiet al 2016) the performance and participation of individuals in their different life aspects is effected significantly by MS manifestation. For instance, the illness is related with a reduction powerlessness of individual for performing ADL living (ADL) of individuals

Recommendation:

Frequent and multiple assessment life quality for females who have MS to recognize the disease impact on all aspects of patient life. Besides of that programs for women with MS must be assessing and managing depression because it affects adversely on these segments of patients in the community

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