

HEALTH-RELATED QUALITY OF LIFE IN BRONCHIAL ASTHMA PATIENTS MEASURED WITH SF-36 AND AQLQ QUESTIONNAIRES

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Introduction: Bronchial asthma is a chronic disease, debilitating the physical, social and emotional aspects of patients' life. Therefore the HRQOL assessment may serve as a supplement to medical assessment, which is especially important in patients with chronic conditions. **Purpose:** To assess the quality of life of bronchial asthma patients, including the differences between men and women. **Material and methods:** The study enrolled 100 patients undergoing treatment for bronchial asthma at the Internal Disease, Geriatrics and Allergy Clinical Hospital of the Wrocław Medical University. (73 women - average age: 45 years and 8 months and 27 men: average age: 41 years and 8 months). All patients were assessed during hospitalization due to asthma exacerbation once the attack had been successfully controlled. During the follow-up visits, the patients' quality of life was measured using the general (SF-36) and the specific (AQLQ) questionnaire, as well as the asthma control test (ACT). **Results:** Asthma patients, both women and men, score lower on the quality of life measures in the physical domain: 55.5 vs. 54.5 respectively, compared with the control group: 85.6. Similarly, asthma patients, both women and men, score lower on the quality of life measures in the mental domain: 57.5 vs. 56.5, respectively, compared with the control group: 80.2. In the study population men were better educated than women. The relation between smoking and sex was reported as statistically significant. Women scored much lower on the quality of life outcomes as measured by the AQLQ and SF-36 questionnaires than men. **Conclusions:** Socio-demographic factors, such as age, sex, and education play a role in the HRQOL outcome in asthma patients. 1- Poor asthma control and smoking lower the quality of life of patients with bronchial asthma. 2 - The quality of life of these patients is much worse than in the healthy population. 3 - The quality of life of women has been reported to be lower than of men.