Type 1 Diabetes Mellitus (T1DM) is a chronic disease that affects all aspects of patient’s life and especially psychologically and therefore health-related quality of life (HRQOL). The objective of the study was to assess HRQOL through internet in a cohort of children and adolescents with T1DM, analyzing associated clinical and sociodemographic factors.

<table>
<thead>
<tr>
<th>Sociodemographic variables</th>
<th>N</th>
<th>Mean (SD) or %</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
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<tr>
<td>Mean</td>
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<tr>
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<td>Time w/ diagnoses (years)</td>
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Table 1. Sociodemographic and clinical characteristics of participants

Children and adolescents with T1DM reported similar HRQOL than the general population of the same age and gender, although physical well-being mean scores were lower (worse) than the European average (<50) and especially in girls, older children (> 11 years old), those from single-parent families, and those with low adherence. Older children and patients with poor metabolic control (HbA1c > 7.5%) showed worse scores in the KIDSCREEN-10 index. Similar results were observed with the EQ-5D-Y: HRQOL showed negative correlation with age, HbA1c, and mental health. Multivariate models showed that age, single-parent families, adherence and mental health were the most influential factors.

CONCLUSIONS

Pediatric diabetic patients report similar HRQOL than the population of the same age with slightly worse physical well-being. The study shows some factors to be taken into account to improve HRQOL in these patients, and also the feasibility of using internet to collect information in clinical practice.

References