

MAJOR IMPROVEMENT IN PARENTAL PERCEPTION OF THEIR CHILDREN'S HEIGHT-SPECIFIC QUALITY OF LIFE AFTER ONE YEAR OF GH TREATMENT

OUR EXPERIENCE WITH THE QOLISSY (Quality of Life in Short Stature Youth) QUESTIONNAIRE

Laura González-Briceño^{1,2}, Magali Viaud^{1,4}, Isabelle Flechtner^{1,4}, Yamina Dassa^{1,4}, Dinane Samara-Boustani^{1,4}, Caroline Thalassinos^{1,4}, Christian Pauwels^{1,4}, Jacques Beltrand^{1,4}, Kanetee Busiah^{1,4}, Graziella Pinto^{1,4}, Michel Polak^{1,4}

1. AP-HP, Hôpital Universitaire Necker Enfants Malades, Endocrinologie, gynécologie et diabétologie pédiatrique, Université Paris Descartes, Institut IMAGINE (affiliate) 2. ESPE Clinical Fellowship 3. Centre de référence des maladies endocriniennes rares de la croissance (CRMERC), Paris France.

Background

Short stature may be a source of social and affective stress in children and their parents, and thus impact negatively on their quality of life (QoL).

Treatment by growth hormone (GH) may improve QoL through normalization of height.

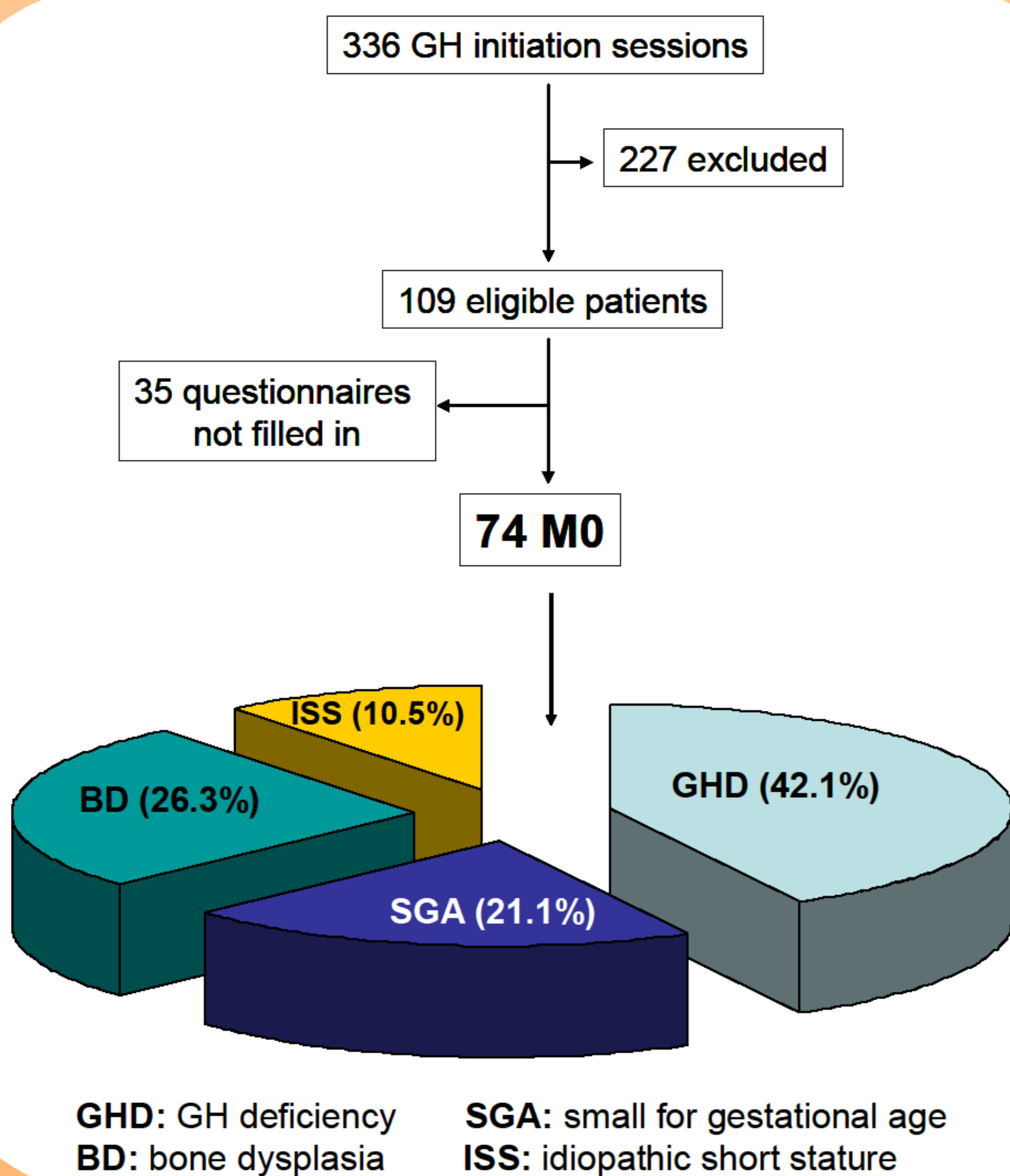
Aims of the study

To evaluate height-specific and general QoL in short stature children after 1 year of GH treatment

Methods

- Prospective study
- **Inclusion criteria:** GH started between April 2012 and December 2014, age ≥ 4 y.o and short stature (≤ -2 SDS).
- **Exclusion criteria:** serious chronic disease, syndromic cause or developmental delay.
- Two questionnaires: **general PedsQL 4.0** and **height-specific QoLiSSY** (Quality of Life in Short Stature Youth, Bullinger et al. Health Qual Life Outcomes 2013),
- Questionnaires completed on the day of first GH injection (M0) and one year later (M12), both in parents and in children.
- Paired t-test was used to evaluate changes in QoL.

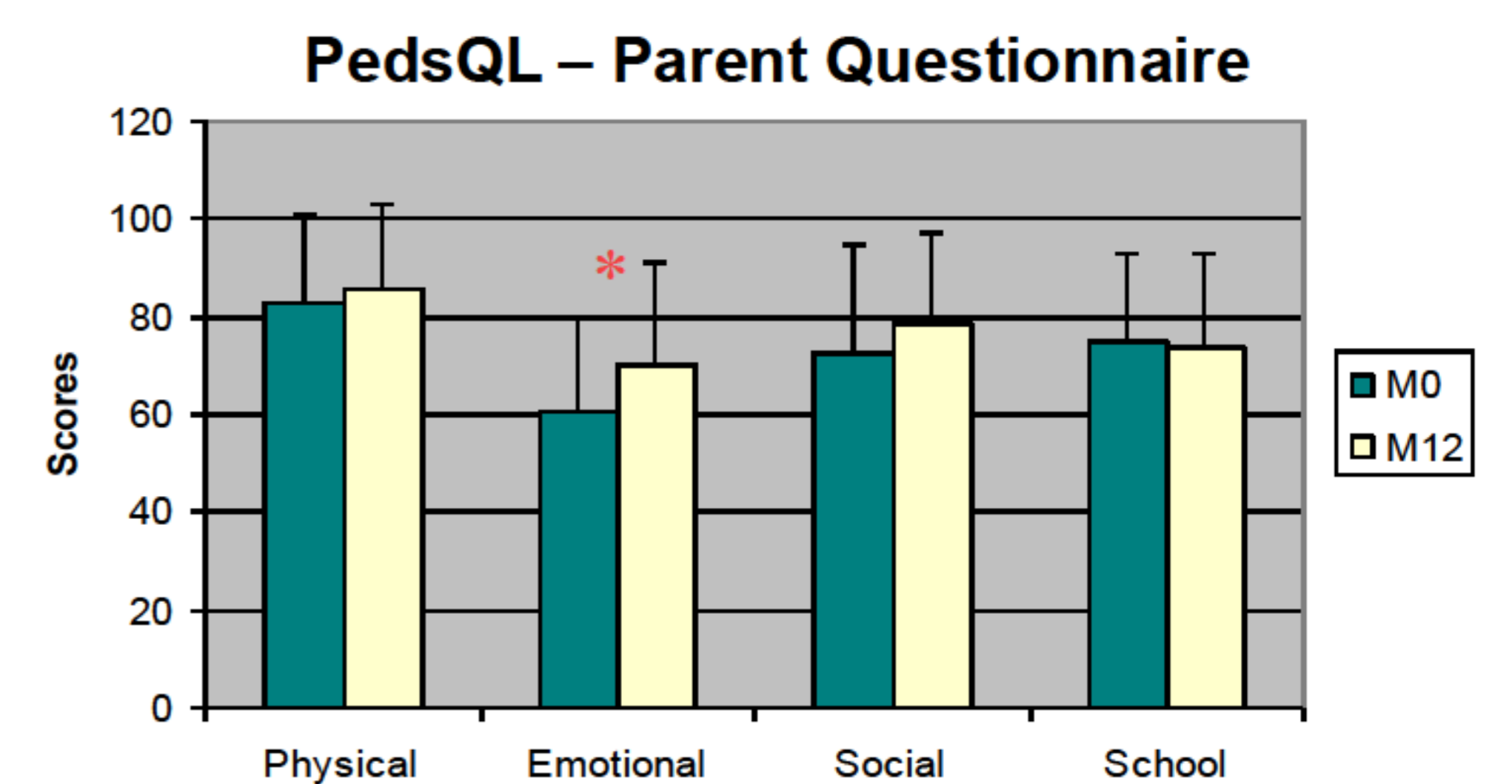
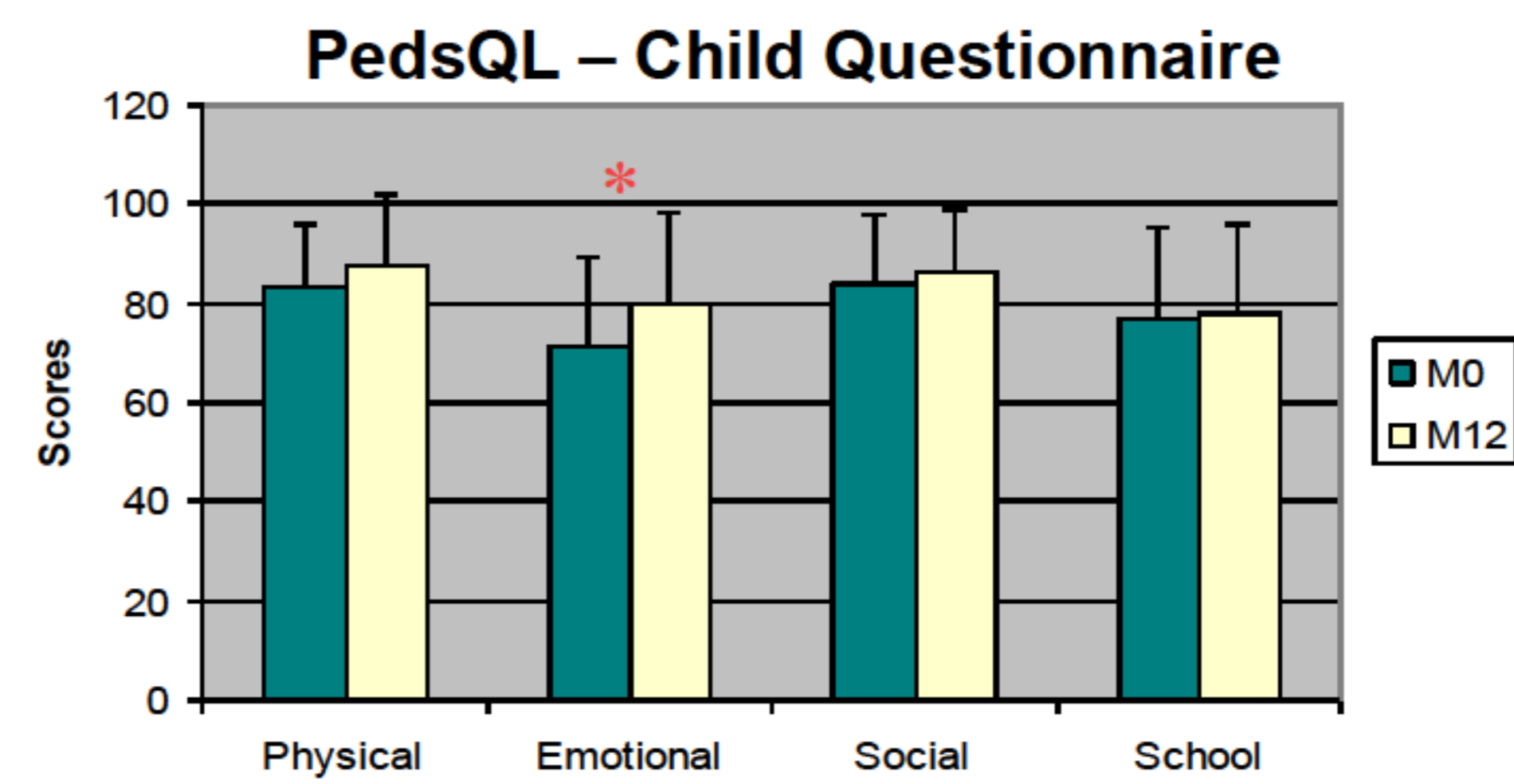
Population description



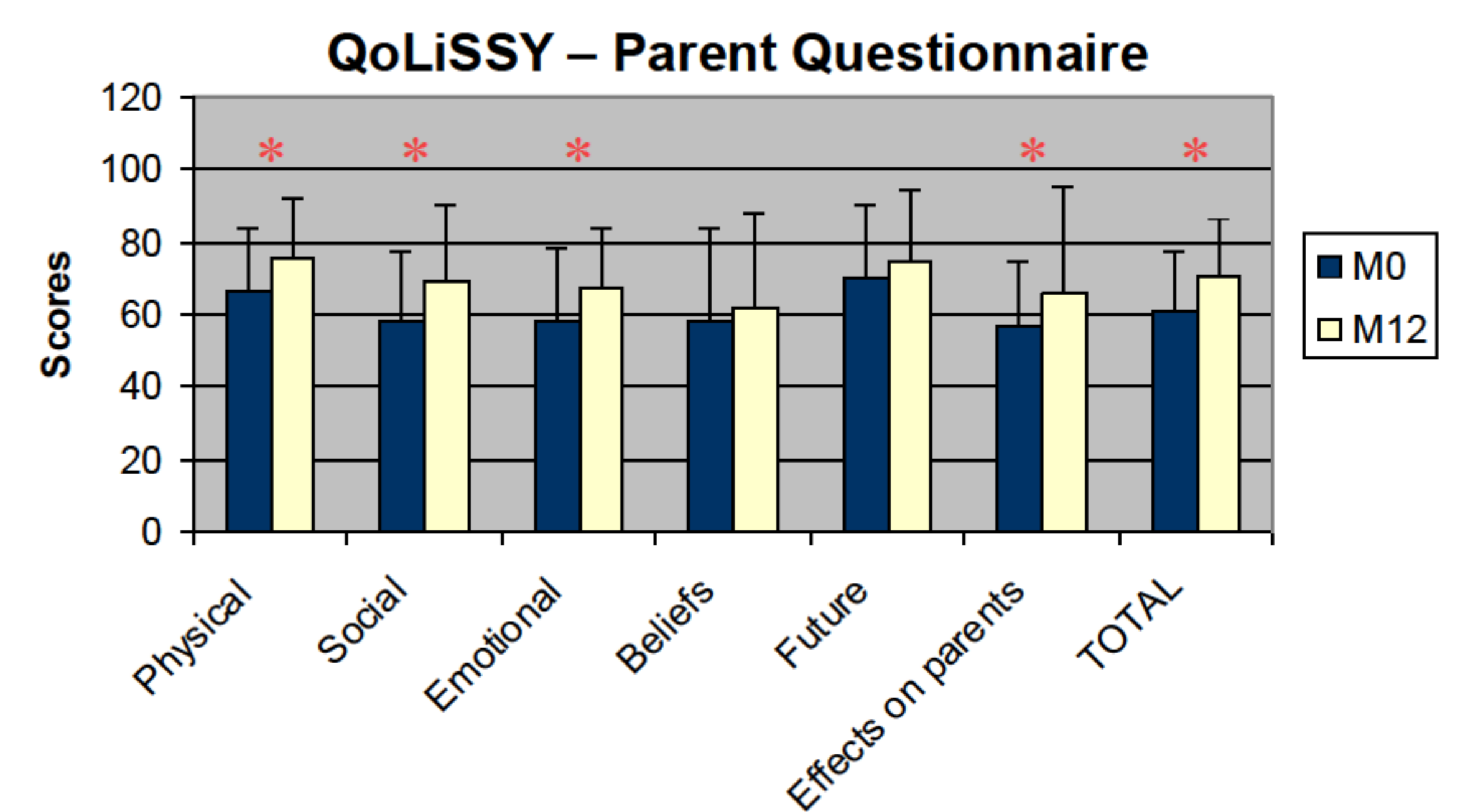
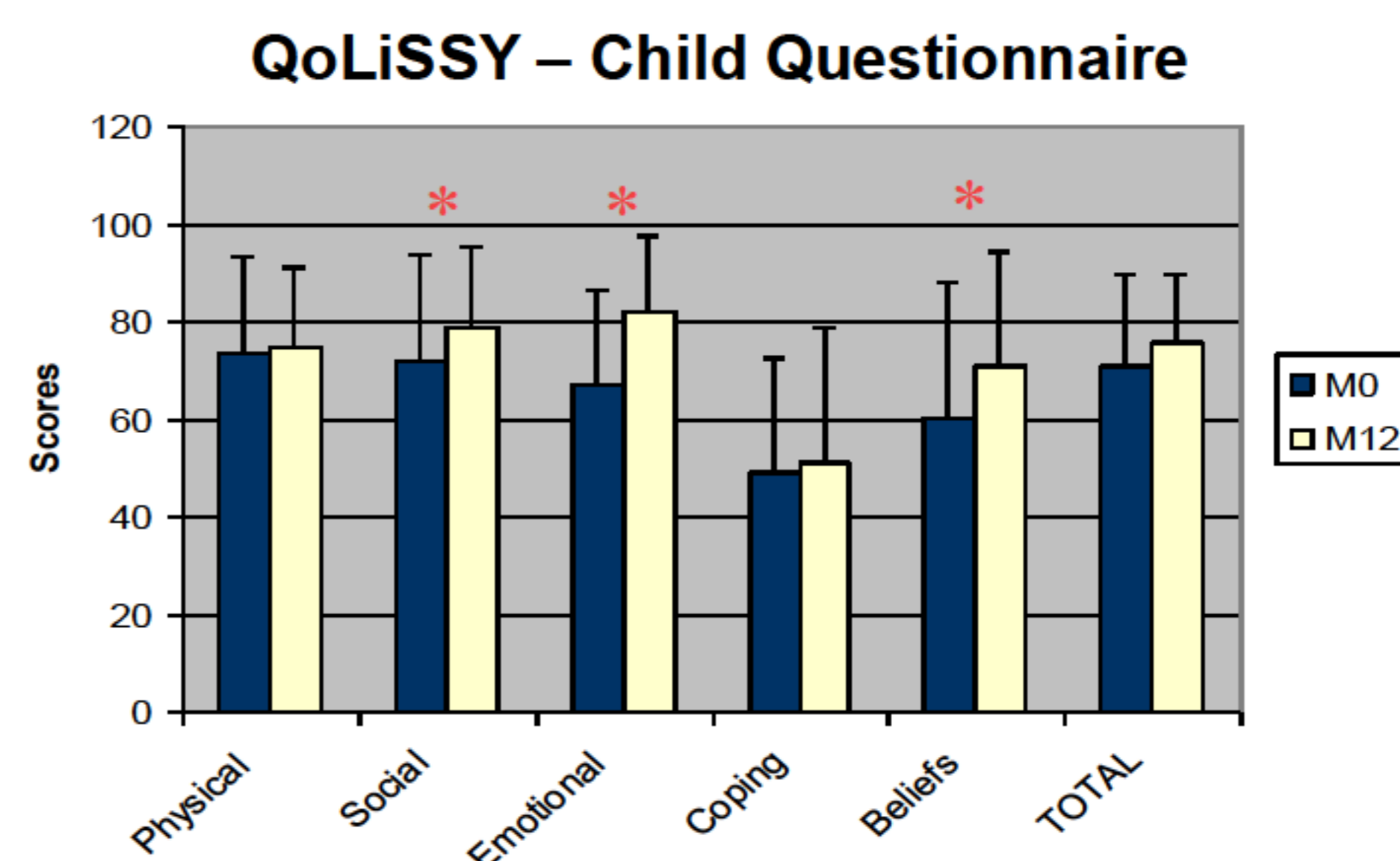
This work was partially supported by

Results

- Of 74 patients included, 37 (58% boys) have completed up to date the M12 questionnaires.
- Mean age: 10.2 yrs (4.2-16.6), initial height: -2.7 SDS (-2 to -5).
- Gain in height after 1 year: 0.8 SDS (0-2 SDS).



In PedsQL questionnaires, children and parents report improvement of Emotional QoL (children: $p=0.025$, parents: $p=0.004$).



In QoLiSSY questionnaires, children report improvement of social ($p=0.045$) and emotional ($p=0.046$) QoL. Beliefs concerning importance of height in life are also improved ($p=0.036$).

Parents report important improvement of children's physical ($p=0.001$), social ($p=0.002$) and emotional QoL ($p=0.001$), and of parental stress linked to child's short stature ($p=0.025$)

Conclusions

- Our preliminary results show that after one year of treatment, children's height-specific QoL is significantly improved, according to parental perception (physical, emotional, social) and children's perception (emotional and social QoL and beliefs).
- Parental QoL is also improved (effects on parents).