

## Gender influence on health-related quality of life in patients with type 2 diabetes

Antonio Almeida<sup>1,2</sup>, Helder Miguel Fernandes<sup>2</sup>, Nelson Sousa<sup>1,2</sup>, Victor Machado Reis<sup>1,2</sup>, Maria João Monteiro<sup>1,2</sup>, Vitor Rodrigues<sup>1,2</sup> and Romeu Mendes<sup>1,3</sup>

<sup>1</sup>University of Trás-os-Montes e Alto Douro, Portugal

<sup>2</sup>CIDESD - Research Center in Sports Sciences, Health Sciences and Human Development, Portugal

<sup>3</sup>Public Health Unit, ACES Douro I – Marão e Douro Norte, Portugal

It is widely accepted that diabetes mellitus due to its related complications causes an important decrease in health-related quality of life (HRQOL). This study aimed to analyze the influence of gender on HRQOL in patients with type 2 diabetes mellitus (T2D). The SF-36v2 questionnaire was administered to 95 individuals with T2D (47 women and 48 men; 66.23 ± 6.34 years old) and comparisons by gender were performed for each SF-36v2 scale (physical functioning, PF; role physical, RP; bodily pain, BP; general health, GH; vitality, VT; social functioning, SF; role emotional, RE; mental health, MH) and summary scales (physical component score, PCS; mental component score, MCS). Significant differences were observed between women and men on the scales PF (65.32 ± 21.35 vs. 78.44 ± 19.92,  $p = 0.003$ ), BP (58.72 ± 29.65 vs. 75.10 ± 26.35,  $p = 0.005$ ), VT (57.87 ± 23.56 vs. 70.73 ± 19.24,  $p = 0.004$ ), SF (79.79 ± 20.61 vs. 88.02 ± 16.50,  $p = 0.034$ ), RE (75.00 ± 23.18 vs. 85.76 ± 18.35,  $p = 0.014$ ), MH (65.96 ± 23.38 vs. 79.00 ± 14.04,  $p = 0.001$ ), and summary scales PCS (42.93 ± 9.95 vs. 47.33 ± 9.92,  $p = 0.034$ ) and MCS (51.19 ± 9.65 vs. 55.03 ± 7.46,  $p = 0.032$ ). Our results suggest that women with T2D report lower values than men on most of the HRQOL scales and that special attention should be given to these women's well-being needs.

### Biography

Antonio Almeida is an Assistant Lecturer at the Nursing School of Vila Real in the University of Trás-os-Montes e Alto Douro (Portugal) and a researcher in CIDESD – Research Center for Sports Sciences, Health Sciences and Human Development. He holds a Master of Science degree in Nursing and he is a PhD candidate in Sports Sciences in the field of physical activity and well-being.

[rmendes@utad.pt](mailto:rmendes@utad.pt)

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