

## **Health-related quality of life of adult with Type 2 diabetes mellitus in rural area**

### **ABSTRACT**

**Introduction:** Type 2 Diabetes Mellitus is one of chronic illnesses that affect patients' quality of life. The aim of this study was to determine the HRQOL among Type 2 diabetes mellitus patients attending health clinics at Tampin district, Negeri Sembilan. **Methodology:** A cross-sectional study applying the Malay version SF-36 and structured validated questionnaires among Type 2 diabetes mellitus patients attending five health clinics at district of Tampin, Negeri Sembilan whose were selected using stratified sampling method. Data were analysed using SPSS version 21 of significant level  $\alpha=0.05$ . **Results:** Response rate was 99.5% (430 patients participated). The mean age of the respondents was 57.5 ( $\pm 8.88$ ) years and the mean duration of having diabetes was 7 ( $\pm 5.01$ ) years. The mean score of all SF-36 health domains with exception of role emotional of respondents were significantly lower than that of the normal population scoring by Azman.(2003). Physical functioning ( $P<0.001$ ), role physical ( $P<0.001$ ), vitality ( $P<0.001$ ), mental health ( $P<0.001$ ), social functioning ( $P<0.001$ ), bodily pain ( $P<0.001$ ), and general health ( $P<0.001$ ) were seven domains indicated lower than Malaysian norm. **Conclusion:** HRQOL of Type 2 Diabetes patients were lower than that of Malaysian general population in all SF-36 domains, with the exception of role emotional domain.

**Keyword:** HRQOL; Type 2 diabetes mellitus; SF-36; Health clinics; Negeri Sembilan