

## Quality of Life of Patients with Asthma in Saudi Arabia

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### ABSTRACT

**Introduction:** Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

**Objective:** To assess the quality of life for adult patients with asthma in Saudi Arabia.

**Method:** This was an online cross-sectional study that was conducted on adult patients with asthma. Data were collected for the period between November 2022 and April 2023. Asthma Quality of Life Questionnaire (AQLQ) was used to assess patients' quality of life. Binary logistic regression analysis was used to identify predictors of better quality of life.

**Results:** A total of 355 patients with asthma participated in this study. Patients with asthma showed moderate to high quality of life with a mean quality of life score of 121.8 (SD: 31.8) out of 196 (equal to 72.7%). Patients' quality of life score ranged between 19 and 196. Binary logistic regression analysis identified that patients aged 36-40 years, males, and married patients were more likely to have better quality of life compared to others ( $p < 0.05$ ).

**Conclusion:** Overall, the quality of life for adult patients with asthma was moderate to high, which reflects good control over their disease. Patients need further support to maintain and improve their quality of life, specifically, these efforts should be directed towards females and elderly patients.

**Keywords:** Asthma; Patients; Quality of Life; Saudi Arabia

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