



## **Gender Influence on Health-Related Quality of Life in Patients with Type 2 Diabetes**

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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;  $66.23 \pm 6.34$  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 ( $65.32 \pm 21.35$  vs.  $78.44 \pm 19.92$ ,  $p = 0.003$ ), BP ( $58.72 \pm 29.65$  vs.  $75.10 \pm 26.35$ ,  $p = 0.005$ ), VT ( $57.87 \pm 23.56$  vs.  $70.73 \pm 19.24$ ,  $p = 0.004$ ), SF ( $79.79 \pm 20.61$  vs.  $88.02 \pm 16.50$ ,  $p = 0.034$ ), RE ( $75.00 \pm 23.18$  vs.  $85.76 \pm 18.35$ ,  $p = 0.014$ ), MH ( $65.96 \pm 23.38$  vs.  $79.00 \pm 14.04$ ,  $p = 0.001$ ), and summary scales PCS ( $42.93 \pm 9.95$  vs.  $47.33 \pm 9.92$ ,  $p = 0.034$ ) and MCS ( $51.19 \pm 9.65$  vs.  $55.03 \pm 7.46$ ,  $p = 0.032$ ). 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**

António 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.