

**FACTORS RELATED TO QUALITY OF LIFE AMONG  
PATIENTS WITH INFLAMMATORY BOWEL DISEASE**



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**ABSTRACT**

Incidences of inflammatory bowel diseases in general ASEAN was increasing in the past decade. IBDs have severe effects on the patients' health - related quality of life (HRQOL) by causing abdominal pain, diarrhea, bleeding anxiety and depression. However, the quality of life of Vietnamese patients with IBD is unknown. Therefore, this study aimed to explore the factors related to quality of life among patients with IBDs and Quality of Life Theory was used as a frame work of this study. As a descriptive correlation study, this research was conducted using 115 out-patients with IBDs in the Gastrointestinal Department of Bach Mai hospital in Hanoi, Vietnam. The study collected data using the demographic data, 36- Item Short Form Health Survey (SF-36) instrument, the Hopkins Symptom Checklist-25 (HSCL-25), the Crohn's and Colitis Knowledge Score (CCKNOW). Spearman's rho was employed to test the relationships among all variables. The results showed that patients with IBDs had low average mean of BMI ( $17.89 \pm 2.02$ ), poor knowledge about the disease ( $7.62 \pm 5.03$ ), moderate anxiety and depression ( $64.76 \pm 10.03$ ), and low quality of life ( $29.54 \pm 13.91$ ). Body mass index and knowledge about the disease had significantly positive correlation with the quality of life ( $r = .345$ ,  $r = .565$ ,  $p < .01$ ). Moreover, anxiety and depression had significantly negative correlation with the quality of life among patients with IBD ( $r = -.649$ ,  $p < .01$ ). In conclusion, nurses should develop program to improve knowledge about disease and decrease anxiety and depression of the patients in order to promote quality of life. Further research is warranted for the developed program.

**KEY WORDS: INFLAMMATORY BOWEL DISEASE/ QUALITY OF LIFE/  
ANXIETY AND DEPRESSION/ KNOWLEDGE**

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