

IMPACT OF COVID-19 PANDEMIC ON QUALITY OF LIFE AND EFFECTING FACTORS AMONG ADULTS WITH LONG COVID: FAMILY HEALTH CENTERS BASED STUDY

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Abstract

Background: Long COVID are the uninterpretable symptoms of COVID-19. However, quality of life and other factors among COVID-19 survivors remain less clear. Objectives: The aim of the study was to evaluate impact of COVID-19 pandemic on quality of life and effecting factors among adults with long COVID. Design and Setting: This cross-sectional study included 440 individuals applying at family health centers for any reason. Methods: The survey consisted of two parts: the first related to socio-demographic information; the second including “COVID-19 Quality of Life Scale” and the “Perception Health Scale”. Results: Of the participants, 40.9% were male, 59.1% were female as well as 33.2% had at least one long COVID symptoms. The median COV19-QoL and Perception of Health Scale scores were 3.0 and 40.0 respectively. Among the prolonged COVID symptoms, fatigue/tiredness was shown with 53.2%. Other common symptoms were muscle pain (27.1%), headache/dizziness (24.1%), difficulty thinking or concentrating (20.9%), difficulty in breathing and heart palpitation (20.0%). The COV19-QoL median score significantly differed by education level, existing chronic conditions, COVID-19 treatment type, number of experienced long COVID symptoms and continuation of the symptoms $p < 0.05$. There was significant correlation between COV19-QoL and age, time since first infected and perceived health score ($p < 0.05$). Conclusion: Aging, low education, existing chronic conditions, hospitalization, number of long symptoms, continuation of symptoms, and perception of health were risky factors for impact of the pandemic on quality of life. Specific rehabilitation services and programmes seems to be urgent need in overcoming this issue and to improve health. Key Words (MeSH Terms): Long COVID; COVID-19; quality of life; adults; family health

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