

QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## QUALITY OF LIFE OF VITILIGO PATIENTS ATTENDING THE DERMATOLOGY CLINIC OF THE UNIVERSITY COLLEGE HOSPITAL IBADAN, NIGERIA.

El Anaba<sup>(1)</sup> - Ao George<sup>(2)</sup> - Ao Ogunbiyi<sup>(2)</sup>

Lagos State University Teaching Hospital, Dermatology Unit, Department Of Medicine,  
Lagos State University Teaching Hospital, Lagos, Nigeria<sup>(1)</sup> - University College Hospital,  
Ibadan,, Department Of Medicine, University College Hospital, Ibadan, Nigeria, Ibadan,  
Nigeria<sup>(2)</sup>

**BACKGROUND:** In Nigeria, vitiligo is prevalent with a consequent impairment of quality of life. However, studies on quality of life impairment, the clinical and socio-demographic factors which impair this quality of life are few.

**AIMS AND OBJECTIVES:** To determine quality of life of the adult vitiligo patients, the socio-demographic factors (age, sex, marital status, level of education) and the clinical characteristics (location, severity, class of vitiligo) that could impact on their quality of life. Also, to compare quality of life in newly diagnosed vitiligo patients to patients who were already being treated.

**METHODOLOGY:** This was a cross-sectional study, over a one year period. The QOL of 57 adult patients (42 newly diagnosed and 15 follow up) was assessed using the Dermatology Life Quality Index (DLQI) and the General Health Questionnaire-12 (GHQ-12). Also, the QOL of 57 controls was assessed using the GHQ-12. These patients were clinically assessed and a study protocol was used. Data was analyzed using SPSS 16.

**RESULTS:** Quality of Life was found to be impaired, mean DLQI score was  $5.7 \pm 6.8$ . Quality of life comparisons between the prospective and retrospective respondents did not reveal any statistically significance difference ( $P=0.581$ ). Embarrassment, choice of clothing, problems with work and friendship were the main items of QOL impairment on the DLQI. Significant association was not found between gender, age at presentation, level of education and QOL impairment. Marital status was significantly associated with QOL impairment.

**CONCLUSION:** Vitiligo significantly impairs QOL irrespective of when patients are diagnosed. In each patient's treatment modality, QOL should be taken into consideration.



KEY WORDS: VITILIGO, QUALITY OF LIFE, NIGERIA, MARITAL STATUS.

