

Evaluation of the effect of kidney stone treatment, level of education, income level and sex on the quality of life of patients with kidney stones

Abstract

Background: Kidney stones are a common urological disease that affects about 12% of world population. The quality of life has been studied in some urological diseases, but such studies have been relatively rare among patients with kidney stones, especially that there is no studies in this field in Iran.

Aim: To evaluate the effect of kidney stone treatment, level of education, income level and sex on the quality of life of patients with kidney stones.

Materials and methods: In this cross-sectional study, 142 patients with kidney stones were evaluated for the effect of socio-demographic variables (including sex, age, body mass index, marital status, education level, occupation, income level) and treatment on quality of life. Quality of life was determined by the 36-Item Short Form Health Survey (SF-36).

Results: Most of patients were male (66.2%) and have over 50 years old (48.6%).

Treatment of kidney stones had a significant positive effect on quality of life ($P < 0.001$ and $Z = 10.554$). Education level and income level had no significant relationship with quality of life ($P > 0.05$). Gender of patients was related to subscales of social function ($P = 0.038$), physical pain ($P = 0.004$), and general health ($P = 0.001$). Also, the weight of patients was related to the subscales of physical performance ($P = 0.025$), physical pain ($P = 0.022$), and general health ($P = 0.032$); and the age of the patients was related to the subscale of physical performance ($P = 0.014$).

Conclusion: Treatment of kidney stones had a significant effect on increasing the quality of life of patients, while female gender, along with being over 50 years old and obesity, had a significant effect on reducing the quality of life. The level of education, income level, marital status, and occupation were not related to the patients' quality of life.

Keywords: Kidney stones, quality of life, SF-36 questionnaire