

Predictors of quality of life in Thai patients with alcoholism in tertiary care setting

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Abstract

Quality of life (QOL) among the alcoholism, derived from multiple factors which were understudied. Any factors were founded influencing the QOL, could able to apply in treatment setting and/or develop the further research. This study aimed to examine the predictors of the quality of life in Thai patients with alcoholism in tertiary care settings. This research was a cross-sectional clinical base study, conducted in Chiangmai Drug Dependence Treatment center and Suanprung Psychiatric hospital, both service for inpatients unit with a short-term rehabilitation across Northern Thailand. Participants were adult inpatients with DSM-IV alcohol dependence. All participants were assessed by using the Mini International Neuropsychiatric Interview (MINI), version 5. The score of the RAND SF-36 QOL was used to determine the level of quality of life. The AUDIT scale was used to assess the drink-related problems. The drinking characteristics were recorded by the timeline follow-back chart, and then were calculated into 4 drinking outcomes. Of the total 104 patients, 104 (100%) were male. Their mean (SD) of the RAND SF-36 QOL score were 74.7(13.6) and 65.3(19.6), physical and mental health domain respectively. The stepwise multiple linear regression model revealed that the Percent of heavy drinking days ($\beta=-0.20$) significantly associated with the RAND SF-36 physical health domain (adjusted $R^2=0.13$, $p<0.01$). The AUDIT ($\beta=-0.70$) and percent of heavy drinking days ($\beta=-0.18$) were significantly associated with the RAND SF-36 mental health domain (adjusted $R^2=0.06$, $p<0.01$). In conclusion, percent of heavy drinking days is predictor of both physical and mental health-related quality of life, and the AUDIT scale is predictor of physical health-related quality of life among Thai patients with alcoholism in tertiary care settings.

Keywords: predictors, quality of life, Thai, alcohol dependence, alcoholism

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