

Psycho-Social Predictors of Health-Related Quality of Life among Persons Living with Benign Prostatic Hyperplasia in Ibadan, Nigeria

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Abstract : Benign prostatic hyperplasia (BPH) is one among other prostate diseases with an increasing public health concern. The prevalence and increased psychological distress of BPH among men negatively impact on their health-related quality of life (HRQoL). Although several biomedical factors have been implicated in poor HRQoL among people with BPH, there is a dearth of research on the psychosocial factors predicting HRQoL among them especially in developing climes. This study, therefore, examined the psychosocial (knowledge, perceived stigma, depression, anxiety, perceived social support and illness acceptance) predictors of health-related quality of life among persons living with BPH in Ibadan, Nigeria. Biopsychosocial model and Health-related Quality of life guided this study which utilized ex-post facto design. Eighty-seven males living with BPH were purposively selected and actively participated in the study. Participants' mean age was 61.77 ± 15.80 years. A standardized questionnaire comprising Socio-demographics and measures of health-related quality of life ($\alpha = 0.47$); knowledge ($\alpha = 0.72$); psychological distress ($\alpha = 0.95$); perceived social support ($\alpha = 0.96$) and Illness acceptance ($\alpha = 0.89$) scales was utilized in the study. Data were content analysed, while bivariate correlation, hierarchical multiple regression and t-test for independent samples were computed at $p < 0.05$. Results revealed that 42.5% of the respondents reported poor HRQoL. Furthermore, age, length of illness, perceived stigma, depression, anxiety, knowledge, perceived social support and illness acceptance jointly predicted HRQoL significantly ($R^2=0.33$, $F(9,75)=4.05$) and accounted for 33% variance in the total observed variance on HRQoL, while Illness acceptance ($\beta=0.43$), anxiety ($\beta=-0.54$), and perceived social support ($\beta=0.16$) had significant independent contributions to the observed variance on HRQoL. Illness acceptance, knowledge, perceived social support and psychological distress such as anxiety, depression and perceived stigma are important predictors of HRQoL. Therefore, it was recommended that urgent psychological intervention targeted at improving the quality of life of these persons be undertaken.

Keywords : benign prostatic hyperplasia, Health-related quality of life, prostate disorders, psychosocial factors

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