
FACTORS AFFECTING WELL BEING IN PATIENTS WITH THALASSEMIA MAJOR

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Introduction: Subjective well-being(SWB) is the scientific name for how people evaluate their lives, and since Thalassemia is an inherited blood disorder that requires lifelong adherence to a complicated and burdensome medical regimen, SWB could be easily underevaluated.

Objectives: To measure the impact of SWB in adult patients with thalassemia.

Aims: To explore possible demographic, physical, and psychosocial correlates in SWB.

Methods: 117 patients(23-60 years old, Mean age=37.2±9.3; 73% females) took part in the study. Satisfaction with Life Scale(SWLS-Ed Diener) was used for SWB, along with SF12 for health related quality of life, Depression Anxiety Stress Scale (DASS), life orientation test(GrLOT-R) for dispositional optimism and a questionnaire about sociodemographic characteristics. Statistical analysis was performed with SPSS 21.

Results: 16.8% of patients were substantially to extremely dissatisfied with their lives(SWLS=5-14). 16.4% were slightly below average(SWLS=15-19), 19.8% had an average score (SWLS=20-24) and the rest had a high(29.8%-25-29) and very high score(17.2%-30-35) respectively. There was a significant difference between males(M=20±7) and females(M=22.8±7.2)(t=-1.906-p=0.05). Multivariate analysis revealed that optimism(beta=-.403), stress(beta=-.415), spouse existence(beta=.155), and gender(beta=.228), explained 56.4% of the variance in SWB(adjusted R²=.564-p=0.026). Age, SF12, depression, anxiety and education had a Non Significant effect in the model.

Conclusions: Given these findings, almost half of thalassemia patients have average to low life satisfaction, something which implies that they are sometimes not functioning well because their unhappiness serves as a distraction. Talking to a psychologist or psychiatrist can often help the patient get moving in the right direction, although positive change will be up the person