

Quality of Life of Rheumatoid Arthritis Patients Under Biological Therapy and Associated Factors in Morocco



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Objectives

This study aims to evaluate the quality of life (QoL) of patients with rheumatoid arthritis (RA) and assess the impact of different types of biological diseasemodifying antirheumatic drugs (BDMARDs) after 6 and 12 months of therapy.

Methods

This observational and ambispective cohort study included 110 patients diagnosed with confirmed rheumatoid arthritis (RA) and undergoing BDMARDs, admitted and followed up at the rheumatology services of ELAYACHI University Hospital. Data were collected from July 2019 to October 2020 through face-to-face interviews using an adapted questionnaire. Patients' quality of life (QoL) was assessed using the EQ-5D-3L and EQ-VAS. Univariate analyses were conducted to identify factors associated with EQ-5D scores

Results

Patients had a mean age of 50.53 ± 13.86 years, with 85% being female, and a mean disease duration of 10.14 ± 7.03 years.

The mean EQ-5D score was 0.32 ± 0.30 in S1 versus 0.71 ± 0.33 in S2. Additionally, the mean EQ-VAS score was 44.75 ± 16.72 in S1 versus 58.73 ± 17.69 in S2, with the differences being statistically significant between S1 and S2 (p=0.000).

The quality of life (QOL) of patients with RA was significantly associated with the type of biological therapy used and other parameters.

Table1: Demographic factors distribution (Age & BMI)

| | Mean ± SD | Min – Max | |
|-----|---------------|-----------|--|
| | N(110) | | |
| Age | 50,53 ± 13,86 | 19 – 73 | |
| BMI | 22,04 ± 4,47 | 14 – 37 | |
| | | | |

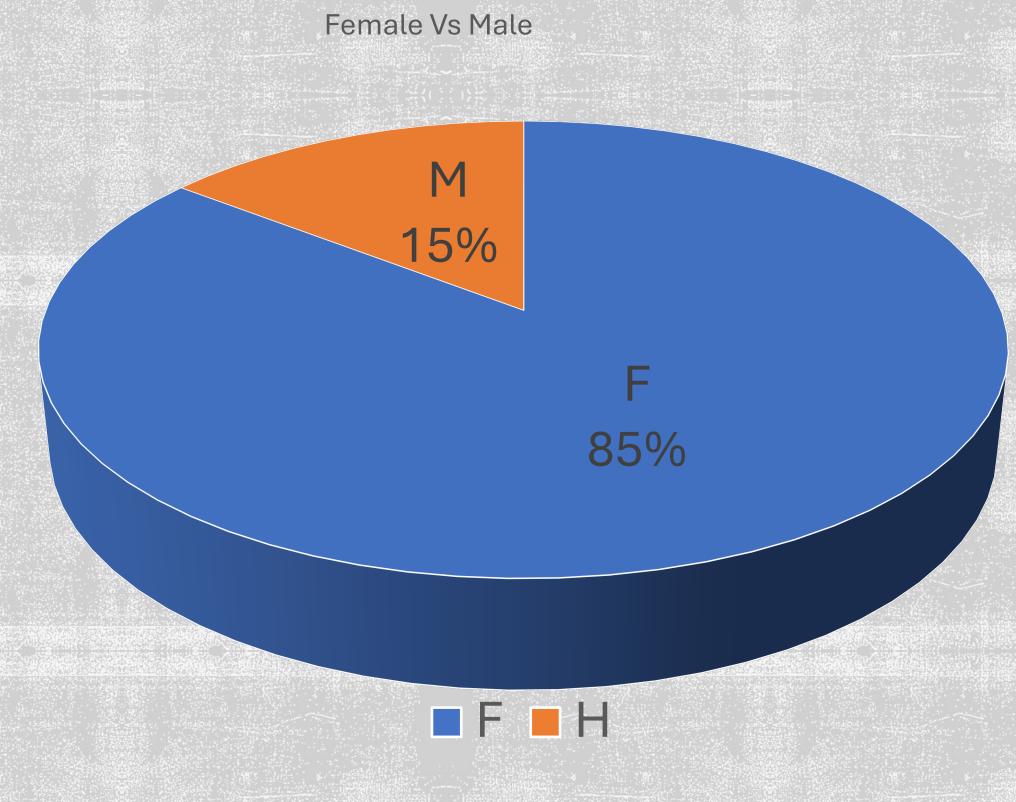


Figure 1: Gender distribution

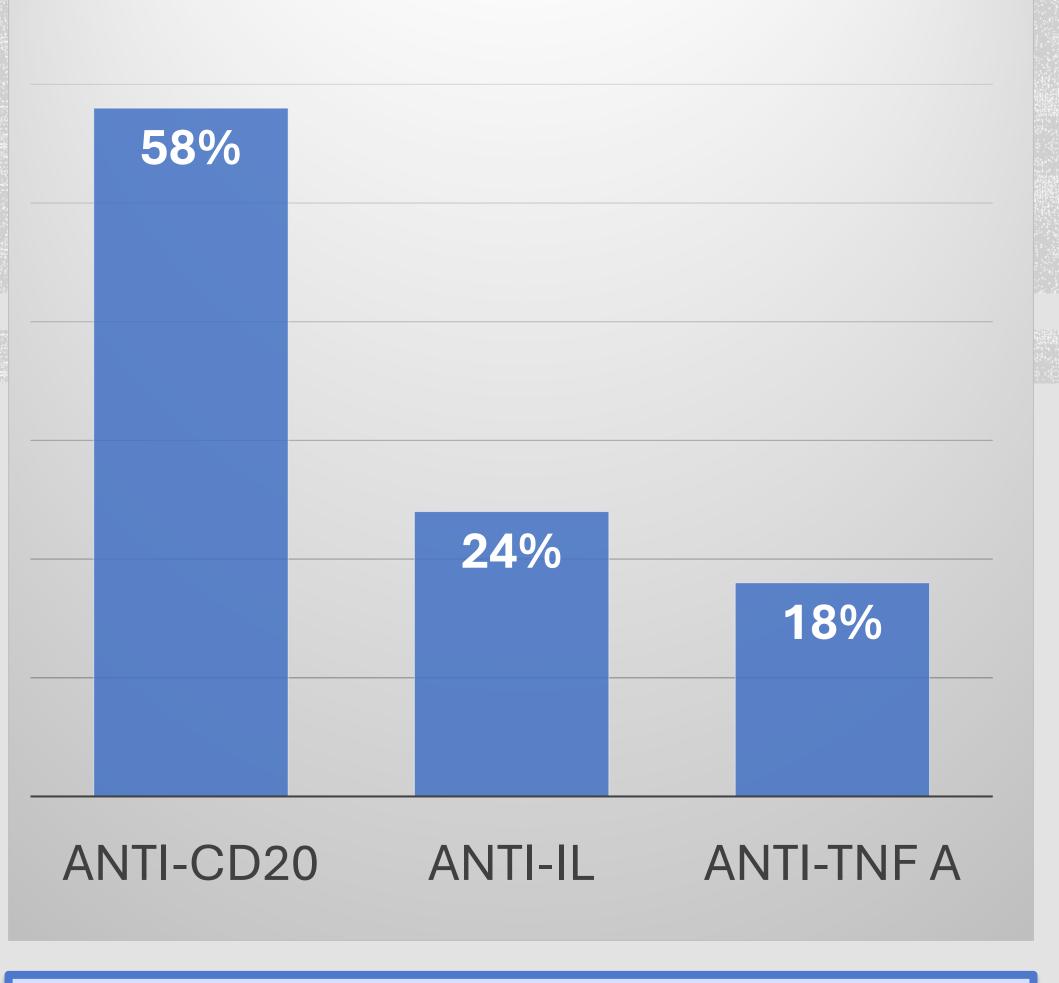


Figure 2: Patient's distribution by BDMARDs Type

Key Takeaways:

Improved Quality of Life: Patients with rheumatoid arthritis (RA) experienced significant improvements in quality of life after 6 and 12 months of BDMARD therapy, impacting nearly all dimensions of the EQ-5D.

Influential Factors: The type of biological medicines, along with sociodemographic and clinical parameters, played a crucial role in EQ-5D and EQ-VAS scores.

Personalized Treatment: These results underscore the importance of personalized treatment plans.

Future Research: Further research is needed to optimize RA management in Morocco.

Table2: The Main Factors affecting the QoL Of **RA Patients**

| | | EQ-5D | EQ-VAS |
|----------------------|-----------------------|-------|-------------|
| | N(%) | P* | P* |
| Marital status | | 0.008 | 0.020 |
| Single | 39 (35.5) | | |
| Married | 49 (44.5) | | |
| Divorced | 19 (17.3) | | |
| Widower | 3 (2.7) | | |
| | J (2.7) | 0.014 | 0.042 |
| Monthly household | | 0.014 | 0.042 |
| income | | | |
| | 00 (04 0) | | |
| < 2500 | 90 (81.8) | | |
| 2500 – 5000 | 8 (7.3) | | |
| > 5000 | 12 (10.9) | | |
| Type of | | 0.002 | 0.063 |
| BDMARD | | | |
| | | | |
| Anti-CD20 | 64 (58.2) | | |
| Anti TNFa | 20 (18.2) | | |
| Anti -interleukins | , | | |
| DMARD use | 20 (23.0) | 0.014 | 0.002 |
| | | | 0000 |
| Yes | 76 (69.1) | | |
| No | 34 (30.9) | | |
| NSAID & | 0 4 (00.0) | 0.004 | 0.000 |
| antalgics use | | | |
| Yes | 43 (39.09) | | |
| No | 64 (58.18) | | |
| Surgery | 04 (00.10) | 0.038 | 0.071 |
| | | | |
| Yes | 11 (10) | | |
| No | 99 (90) | | |
| Comorbidity | | 0.002 | 0.016 |
| | | | |
| Yes | 53 (48.2) | | |
| No | 57 (51,8) | | |
| Need care | | 0.000 | 0.000 |
| | | | |
| Yes | 44 (40) | | |
| | GG (GO) | | |

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No

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