

# Health-Related Quality of Life (HRQOL) Among Chinese Population during the COVID-19 Pandemic:

## The Role of Socio-Demographic Factors and Loneliness

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EPH6



**Objective:** To explore **socio-demographic characteristics and loneliness**, associated with health-related quality of life (**HRQoL**) among Hong Kong Chinese population under the **COVID-19 pandemic**.



Source: Council of Europe, 2022

### Methods:

- Cross-sectional questionnaire survey
- Online self-administrated or in person
- Jun and Dec 2020 (COVID-19 pandemic)
- Adult Chinese population (N=503)

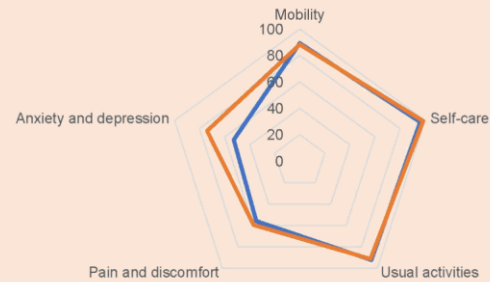
### ➤ Outcome measure:

- HRQoL - EQ-5D-5L HK
- Loneliness - Single item question regarding the frequency of the participant reporting feeling lonely
- Subjective social status (SSS) - the MacArthur Scale of Subjective Social Status.



Percentages of participants reporting having NO problem in five domains of EQ-5D-5L compared with the normative profile

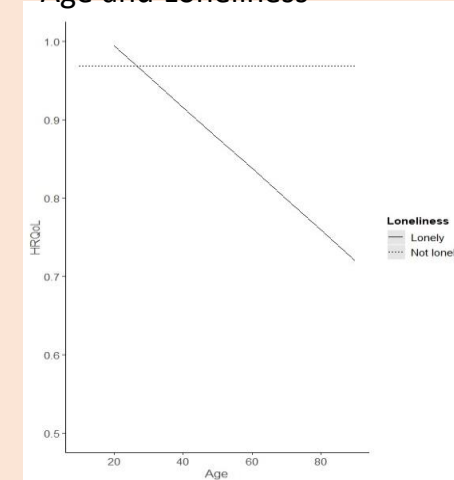
— Current Sample (N = 503) — Normative Profile (N = 1,014)



Average EQ-5D-5L index score of the survey respondents was 0.862/1.000 (SD = 0.209), which was significantly lower than the norms (M = 0.915/1.000, SD = 0.128, P<0.05)

### Findings

#### Interactions between Age and Loneliness



- ❖ The age differences in HRQoL also differed by loneliness level.
- ❖ Age advantages of younger persons in HRQoL were more apparent under the pandemic.
- ❖ When they both report not lonely, older adults may not necessarily report a lower level of EQ-5D-5L score than younger people, indicating that older people may have some resilience in maintaining HRQoL.

### Factors for Better HRQoL

Young Age

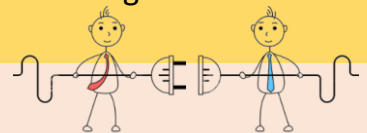
Single

Higher Subjective Social Status

Lower Level of loneliness

### Conclusions

- Some groups of population may **face extra vulnerabilities during the pandemic** in terms of declined HRQoL.
- **Reducing loneliness can be protective of the HRQoL** during the pandemic, especially among older people.
- Useful information for policy-makers to provide effective services to help people recover from the global pandemic.



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