Comparison of the quality of life between girl and boy teenagers with major thalassemia refer to Zafar Center, 1389

Thesis for Master Science in Nursing

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Abstract

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**Background:** Major thalassemia is a chronic disease and its complication is long-life one which can affect the quality of life of teenagers with the problem. The effects of thalassemia on the quality of life of boys and girls teenagers still remain unknown. This article aims to compare the quality of life among girls and boys who suffering from major thalassemia.

**Design and methods:** A cross-sectional-descriptive-comparative study was conducted. Subjects included 023 teenagers (63 female, 63 male) with major thalassemia referred to Zafar center. collect data included Demographic and Short form-36 questionnaires. Data was analyzed with descriptive and analytical statistics by using the SPSS software.

**Results:** Based on the severity of disease, the mean score of mental health had no significant difference between girls and boys. However, there was a significant difference in the mean score of physical health. There was no significant difference in the mean score of physical health among teenagers with mild disease (P=/.85). But it had a significant difference among teenagers with severe disease (P=/.05). In other words, the physical health of the quality of life among girls was better than boys. Similarly, the social functioning (P=/.03) and role limitations due to physical health (P</.01) had a significant difference between girls and boys.

**Conclusion:** The results showed that the quality of life in physical health based on the severity of disease, social functioning and role limitations due to physical health among girls was better than boys.

**Keywords:** Quality of life, teenager, major thalassemia.