The Effect of Weight Changes on Health-related Quality of Life and Work Impairment in Patients with Type 2 Diabetes

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Methods (Cont’d)

- Associations with daily activity impairment were calculated for the entire sample.
- All scores reflect a percentage of impairment, with greater values indicating greater impairment.

Results:

- As a post hoc, we then ran the same six multivariable ANCOVA models, but only including those who participated in both the 2006 and 2007 surveys, i.e., only those with 1-year follow-up data. Again, we observed strong effects for PCS (b = 2.56 vs. b = 1.94). Obese respondents who lost weight (n = 181), had significantly higher PCS scores relative to those who gained 5% or more of their bodyweight, even after accounting for the effect of demographic and health-indicator variables.

Conclusions:

- T2DM patients who gained weight, especially for obese individuals, reported significantly lower levels of HRQoL relative to those who lost weight. Treatments that avoid weight gain and promote weight loss could have a beneficial impact on T2DM patients.

References


Objective: To determine the effect of weight loss over the course of one year on changes in health-related quality of life (HRQoL) and work impairment in patients with T2DM.

Methods

- Multivariate analyses focused on comparing only the gained (n = 180) and lost (n = 128) weight change groups.
- To determine whether the lost weight group reported higher levels of HRQoL change relative to the gained weight change group, we examined differences in change scores for each of the two outcome measures (HRQL and WPAI).
- The same process (predicting time 2 and controlling for time 1) was used when analyzing WPAI scores (controlling for time 1 and 2006 WPAI scores).
- CONCLUSIONS: T2DM patients who gained weight, especially for obese individuals, reported significantly lower levels of HRQoL relative to those who lost weight. Treatments that avoid weight gain and promote weight loss could have a beneficial impact on T2DM patients.