

Quality of Life and Its Related Factors among Patients with Stroke in Selected Tertiary Care Hospitals in Sri Lanka

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The factors related to the quality of life (QoL) among patients with stroke are context bounded and observed inconsistent findings. Therefore, a descriptive cross-sectional study was conducted to identify the factors related to the quality of life among patients with stroke by using convenient sampling (n = 134) in the 5 selected tertiary care hospitals, Sri Lanka. The QoL was assessed by the pretested Short Form-36 (SF-36) which consisted of 8 domains. The Multiple Linear Regression (MLR) was performed to determine the associated factors while the significant level was kept as $p < 0.05$. Nearly 68% of the sample was male and the mean age was 65.4 ± 12 (SD) years. The mean score of physical functioning, bodily pain, general health, vitality, social functioning, role limitation emotional, mental health and role limitation physical domains of QoL were 21.9 ± 25.5 , 63.3 ± 29.1 , 44.7 ± 15.9 , 51.6 ± 23.6 , 59.2 ± 25.6 , 32.5 ± 44.3 , 60.0 ± 18.3 and 23.6 ± 40.1 respectively and some domains were below the level of average 50. MLR revealed that the aphasia, disability of face, disability of lower limb, disability of vision, dysarthria, dyslipidaemia, smoking status, alcohol consumption, geographical area, monthly income, type of stroke, and caregiver as the related factors of QoL among patients with stroke ($p < 0.05$). Therefore, awareness of these related factors may be helpful to improve the quality of life of patients with stroke and helpful for healthcare professionals to plan early interventions.

Keywords: *stroke, quality of life, related factors*