

Abstract N°: 643

SOCIAL DISTRESS AND HEALTH-RELATED QUALITY OF LIFE IN SOLID ORGAN TRANSPLANT RECIPIENTS

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BACKGROUND AND AIMS: Health-Related Quality of Life (HRQOL) is an important patient centred outcome for patients with chronic diseases. Social distress may add to physical burden and psychological distress and impair HRQOL. The objective of this study is to assess if social distress assessed by the Social Difficulty Inventory(SDI) is associated with HRQOL in Solid Organ Transplant (SOT) recipients.

METHODS: Secondary analysis of a cross-sectional convenience sample of adult SOT (kidney, liver, kidney-pancreas) recipients who completed the SDI and PROMIS (Patient-Reported Outcomes Measurement Information System) Global-10 on electronic data capture on tablets. Global-10 yields a Global Physical Health (GPH) and a Global Mental Health (GMH) score. SDI score ≥ 10 was used to identify patients with social distress. Sociodemographic and clinical characteristics were collected from health records. Descriptive statistics, correlation analysis and multivariable adjusted linear regression were used to analyse the data. To address missingness, multiple imputation by chained equations was used.

RESULTS: Mean (standard deviation [SD]) age of the 220 participants was 53(13) years, 63% was male, 70% White. The median (interquartile range [IQR]) SDI was 5(9), the mean(SD) GPH and GMH score was 48(9) and 49(9) respectively. 30% of participants had social distress. Both GPH and GMH correlated moderately with SDI ($\rho = 0.66$ and 0.64 , respectively; $p < 0.001$). In multivariable adjusted linear regression models (adjusting for sociodemographic, clinical factors and ethnicity to account for potential confounding) the association between the SDI and GPH and GMH remained strongly significant. Participants with vs without social distress had 11 (95% confidence interval [CI] 8-13) point lower GPH and 11 (8-14) point lower GMH score ($p < 0.001$ for both).

CONCLUSION: Social distress is associated with physical and mental HRQOL in SOT recipients.

Disclosure of interest: None declared