

Factors affecting quality of life in patients with Parkinson's disease: motor vs non-motor symptoms. Results from the COPPADIS Study Cohort.

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A fundamental objective of PD management is to keep or improve the patients' health-related quality of life (QoL). The factors influencing the QoL directly ("determinant factors") have been extensively studied, although the studies focused on these factors frequently have limitations (for example, small size and restricted representativeness of the sample, restricted data). COPPADIS-2015 is an observational, 5-year follow-up, multicenter study centered in a detailed analysis of the progression of PD. One objective of the study is to identify and monitor QoL determinants since the baseline assessment, and three QoL instruments are used for this purpose: the 39-item Parkinson's disease Questionnaire (PDQ-39); a subjective global QoL rating (PQ-10), and the EUROHIS-QOL 8-item index (EUROHIS-QOL8). Besides descriptive statistics, comparison of groups and correlation, multiple linear regression methods were used to identify QoL determinants. QoL was worse in PD patients (n=692; 62.6±8.9 years old, 60.3% males) than controls (n=206; 61±8.3 years old, 49.5% males): PDQ-39, 17.1±13.5 vs 4.4±6.3 (p<0.0001); PQ-10, 7.3±1.6 vs 8.1±1.2 (p<0.0001); EUROHIS-QOL8, 3.8±0.6 vs 4.2±0.5 (p<0.0001). A high correlation of the PDQ-39 was observed with the Non-Motor Symptoms Scale (NMSS) (r=0.72) and Beck Depression inventory (BDI-II) (r=0.65; all, p<0.0001). According to the multiple regression analyses, non-motor symptoms burden (NMSS), mood (BDI-II), and gait problems (Freezing Of Gait Questionnaire) were the highest contributors to the QoL in the three models. Conclusions are: (1) QoL is worse in PD patients than in controls, and (2) mood, non-motor symptoms burden, and gait problems seem to be important factors affecting QoL in PD patients.