Quality of life results from the EndoCost study

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Objectives

EndoCost is an international multicentre study designed to measure the treatment costs and quality of life (QoL) of endometriosis in order to determine its economic impact. Patient questionnaires were sent out in 2009 in ten countries, including Berlin and Hannover in Germany. The first QoL results for Germany will be presented.

Methods

The target group consisted of patients with a confirmed diagnosis who received medical services during the year 2008. Data on social demographics, QoL (SF-36), utilisation of services, employment status, and disease-specific characteristics were collected. Pearson and Spearman correlation coefficients were calculated to test the strength of correlations between QoL and the various sociodemographic and disease-specific variables, and multiple linear regression analyses were performed to identify variables with a potential influence on QoL.

Results

Altogether, 157 retrospective, and 137 prospective patient questionnaires were available for analysis. The average age of the patients was 39 years. The delay in diagnosis was 7 years, and the average time since receiving the definitive diagnosis was 5 years. The mean QoL scores were 45.34 on the physical sum scale (KSK) and 38.24 on the psychological sum scale (PSK). Both scales had a negative correlation with the severity and duration of endometriosis-related pain, the delay in diagnosis, and the number of physicians required to establish the diagnosis (applies only to KSK). According to the linear regression analysis, the variable "duration of pain in the last 3 months" remained significant.

Summary

Because access to the study is through university hospital clinics, it is assumed that selection favours patients with a more severe course of disease. However, the poor QoL scores on the PSK appear to be typical of endometriosis patients. The results underline the impact of the current pain level on the QoL.