

**ILLNESS PERCEPTION AND HEALTH RELATED QUALITY OF
LIFE OF PEOPLE WITH KNEE OSTEOARTHRITIS: A STUDY
DONE ON PATIENT OF CRP, BANGLADESH.**

By

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Abstract

Background: Osteoarthritis knee is one of the common disease which is significant with functional impairment and impaired quality of life. Patient's illness perception is formed base on patient's beliefs and perceived information about their conditions.

It may influence the individual's mental health and their dealing with the medical conditions. **Objectives:** To determine the illness perception, quality of life and relationship between illness perception and quality of life in patients with knee osteoarthritis. **Method:** A cross-sectional, descriptive study was conducted in 140 knee osteoarthritis patient attending at musculoskeletal unit of CRP. The patients were interviewed with brief illness perception questionnaire (Brief IPQ) and SF-36 quality of life questionnaire. Descriptive, inferential statistics, correlation and regression analysis was done by using SPSS. **Result:** The quality of life of people with knee osteoarthritis was found to be poor. It has been observed that the people with knee osteoarthritis has a negative threatening perception about their illness. The pain caused due to knee OA showed negative correlation with the illness perception as well as quality of life. There is a positive relationship between the illness perceptions and quality of life. The result showed that 4% to 86% ($R^2=0.04 - 0.86$, $p<0.005$) of variation in quality of life may be predicted by the illness perceptions. **Conclusion:** Illness perceptions may be important while investigating quality of life of patients with knee osteoarthritis. An intervention may be taken with an aim to strengthen information about osteoarthritis, and to change the negative emotional responses of the patient. Such interventions may be helpful to improve patients' role limitations due to emotional function.

Keywords: Knee osteoarthritis, Quality of life, Illness perception, Health related quality of life.