

## Effect of Warfarin Therapy Adherence on Health-Related Quality of Life Among Patients on Warfarin: A Cross-Sectional Study

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**SUMMARY.** The impact of warfarin therapy adherence on overall Health-Related Quality of Life (HRQoL) among patients on warfarin in Pakistan was determined. The adherence was measured using a newly developed and pre-validated tool “Warfarin Adherence Scale” (WAS) and HRQoL was measured using the World Health Organization QOL-BREF (WHOQOL-BREF). A total of 295 warfarin patients were analyzed, comprising more males than females, 62.4% and 37.6% respectively. The mean warfarin therapy adherence score was  $4.24 \pm 1.26$  with a median of 4. The mean HRQoL scores for the physical health, psychological, social relationships, and environment domains were  $62.44 \pm 15.36$ ,  $67.84 \pm 15.54$ ,  $64.27 \pm 26.28$ , and  $63.45 \pm 17.66$ , respectively. The correlation coefficients for all four domains of the WHOQOL-BREF vs mean adherence score were -0.016, -0.047, -0.063, and -0.030, respectively. Study results indicate statistically non-significant correlations ( $p > 0.05$ ) were observed between the physical, psychological, social and environment domains of the WHOQOL-BREF vs total mean adherence score.

**RESUMEN.** Se determinó el impacto de la adherencia al tratamiento con warfarina en la calidad de vida relacionada con la salud (HRQoL) en general entre los pacientes que recibieron warfarina en Pakistán. La adherencia se midió utilizando una herramienta recientemente desarrollada y prevalidada “Escala de adherencia a la warfarina” (WAS) y la HRQoL se midió utilizando la QOL-BREF de la Organización Mundial de la Salud (WHOQOL-BREF). Se analizaron un total de 295 pacientes con warfarina, que comprenden más hombres que mujeres, 62.4% y 37.6% respectivamente. El puntaje promedio de adherencia a la terapia con warfarina fue de  $4.24 \pm 1.26$  con una mediana de 4. Los puntajes promedio de HRQoL para los dominios de salud física, psicológica, relaciones sociales y ambiente fueron  $62.44 \pm 15.36$ ,  $67.84 \pm 15.54$ ,  $64.27 \pm 26.28$  y  $63.45 \pm 17.66$ , respectivamente. Los coeficientes de correlación para los cuatro dominios del WHOQOL-BREF frente a la puntuación media de adherencia fueron -0.016, -0.047, -0.063 y -0.030, respectivamente. Los resultados del estudio indican que se observaron correlaciones estadísticamente no significativas ( $p > 0.05$ ) entre los dominios físicos, psicológicos, sociales y ambientales del WHOQOL-BREF versus el puntaje de adherencia promedio total.

**KEY WORDS:** HRQoL, Pakistan, quality of life, warfarin, warfarin therapy adherence, WHOQOL-BREF.

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