

Study on Health-related Life and Influencing Factors of Smokers in Tibet Based on EQ-5D-5L Scale

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Abstract

Background: Smoking is an important public health problem, and tobacco exposure seriously endangers the health of residents. EuroQoL Five Dimensions Questionnaire (EQ-5D) is a multi-dimensional health-related quality of life assessment scale with good reliability and validity. **Objective:** To understand the health status and influencing factors of smokers in Tibet, and to provide reference for improving the quality of life of smokers. **Methods:** A multi-stage stratified cluster random sampling method was used to select smokers aged 10 years and above in Tibet as the research object. The European five-dimensional health scale (EQ-5D) was used to evaluate the health-related quality of life, including five dimensions of mobility, self-care, daily activities, pain or discomfort, anxiety and depression, and overall health self-assessment (EQ-VAS). Chi-square test and rank sum test were used to compare the health differences of smokers with different characteristics. Binary logistic regression was used to analyze the related factors of health problems in each dimension, and multiple linear regression was used to explore the main influencing factors of EQ-VAS score. **Results:** A total of 1132 cases were included. Among the five dimensions of EQ-5D, the highest proportion of smokers' self-reported problems was pain or discomfort (16.8%), followed by mobility (13.4%), daily activities (10.6%), anxiety and depression (8.2%), and the lowest proportion of self-care problems (5.1%). EQ-VAS M (P25, P75) was 80 (70,90). Binary logistic regression analysis showed that age, education level, illness and insomnia had significant effects on the five dimensions of health problems (all $P < 0.05$). The results of multiple linear regression showed that advanced age, low education level, non-employment, two-week illness and insomnia were independent influencing factors for the decrease of EQ-VAS score (all $P < 0.05$). **Conclusion:** The overall health-related quality of life of smokers in Tibet is above the middle level. Old age, low education level, non-employment, recent illness and poor sleep quality are the main risk factors affecting the quality of life of smokers in Tibet. It is suggested that the public health department should focus on the above high-risk groups, and improve the overall health level of smokers through comprehensive strategies such as health education and behavior intervention, chronic disease management, sleep health promotion and employment support.

Keywords

Smoker, Health-related Quality of Life, Eq-5d Scale