

**POSTER PRESENTATION:**  
**BY SAMI LAMA**  
**Department of Psychiatric Nursing,**  
**College of Nursing**

**Title:** Study on quality of life of mentally ill patients.

Bindiya Namaya, Pratiksha Dahal, Sami Lama, K Vijayalakshmi, Dr. Pramod Mohan Shyangwa, AK Deo

**ABSTRACT**

**Background:** Quality of life has gained importance as a global measure of social and clinical outcome in mentally ill patients.

**Aim:** To find out the QOL of mentally ill patients and association with selected variables.

**Setting:** Psychiatry OPD of BP Koirala Institute of Health Sciences

**Methods and materials:** A descriptive cross sectional research design was adopted. A total of 75 patients were chosen by purposive sampling technique. WHO QOL BREF - 26 was used to collect the data.

**Statistical analysis:** Analysis was done by descriptive (mean & percentage) and inferential statistics (z-test & chi-square)

**Results:** Result of the study showed that QOL of patients with schizophrenia and affective disorder in different domains varied i.e. the mean QOL score for schizophrenic patients in physical domain (12.5294), psychological domain (12.1765), social domain (11.8823) and environmental domain (11.2353). Regarding affective disorder mean QOL score in physical domain (13.6379), psychological domain (13.1207), social domain (12.931) and environmental domain (13.6552) was found. It was also found that there was association between overall QOL with gender and marital status, physical domain of QOL between overall QOL with gender and marital status, physical domain of QOL with occupation, psychological domain and type of family, social domain of QOL with variable like gender, age, marital status and occupation and environmental domain of QOL with that of income.

**Conclusion:** The concerned authority and mental health care providers can plan and implement the intervention to improve the QOL of mentally ill patients.

**Key Words:** QOL, mentally ill patients