



# Perceived Anxiety and Fears of COVID-19 Virus Infection and Their Relationship with Health-Related Quality of Life Among Patients with Diabetes Mellitus

Homeira Nournezhad<sup>1</sup>, Zahra Ahmadi<sup>1</sup>, Rahim Baghaei<sup>1</sup>, Atefeh Yas<sup>2\*</sup>

<sup>1</sup>Patient Safety Research Center, Clinical Research Institute, Nursing & Midwifery School, Urmia University of Medical Sciences, Urmia, Iran

<sup>2</sup>School of Nursing and Midwifery, Urmia University of Medical Sciences, Urmia, Iran

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**\*Corresponding Author:**  
School of Nursing and  
Midwifery, Urmia University of  
Medical Sciences, Urmia, Iran

## ABSTRACT

**Introduction:** The COVID-19 pandemic and its associated circumstances have significantly impacted patients with chronic diseases. This study aimed to evaluate the correlation between perceived anxiety and fear related to COVID-19 and the health-related quality of life in patients with type 2 diabetes.

**Methods and Materials:** This descriptive-correlational study was conducted on 387 patients with type 2 diabetes referred to Comprehensive Health Centers in Urmia during 2019-2020. The sampling was carried out using a multi-stage random sampling method. Data collection tools comprised a demographic information questionnaire, the Fear of COVID-19 Scale, the Anxiety of COVID-19 Scale, and the Short Form 36 health survey. The data were analyzed using SPSS 19 software with a significance level of 0.05, utilizing descriptive and analytical statistical methods, including Pearson correlation.

**Results:** The average quality of life was ( $56.6 \pm 11.5$ ), with the Mental Component Summary ( $59.5 \pm 14.6$ ) showing a higher mean compared to the Physical Component Summary ( $53.6 \pm 14.1$ ). Significant associations were found between age, duration of diabetes, education level, history of other diseases, history of taking other medications, and economic status with fear and anxiety scores. There was a significant and negative correlation between anxiety ( $r = -0.543$ ;  $p = 0.01$ ) and fear ( $r = -0.433$ ;  $p = 0.01$ ) scores with quality of life. Furthermore, a significant and inverse relationship was observed between quality of life components such as physical function, role limitations due to physical problems, role limitations due to emotional issues, energy/fatigue, emotional well-being, social function, and general health with anxiety or fear ( $p = 0.05$ ).

**Conclusion and Discussion:** Fear and anxiety related to COVID-19 have detrimental effects on various aspects of diabetic patients' quality of life. Addressing these patients' fears and anxieties during infectious disease outbreaks is essential to enhancing their quality of life.

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