

Factors associated with quality of life during COVID-19 pandemic

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ABSTRACT

Introduction: The worldwide lockdown in response to the COVID-19 pandemic has been reported to have an impact on many people's quality of life. This study aims to measure the quality of life for Malaysians during this time and its associated factors.

Methods: This national online survey from August to December 2021 via placement of QR codes in public places such as shopping malls, vaccination centres, and hospital outpatient clinics. The QR code is linked to a google form in Malay, which consists of four sections, including: socio-demographic; validated Fear of COVID-19 Scale; validated Brief COPE scale to assess coping strategies as well as regulating cognition in response to stressors coping mechanisms, and quality of life, measured using a validated WHOQOL-BREF questionnaire. The data collected were analysed via linear regression to obtain the final model.

Results: There were 4904 Malaysian adults who participated in this survey with a mean of age 32(SD=9.2), and the majority being female (83.7%). Based on the finding, 59.1% claim to have had a low overall quality of life during the pandemic. Age, education status, and income as well as psychological related predictors (fear of COVID-19, coping strategies, and psychological distress) are the predictors that explain 69% of the total variance in quality of life among Malaysians. **Conclusion:** Targeting modifiable factors such as psychoeducation on fear of COVID-19, and coping strategies can potentially improve the quality of life during the COVID-19 pandemic among Malaysians.