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Title: Factors influencing to HRQOL of patients with mild to moderate persistent asthma in Japan; sub-analysis of GAIA study

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Body: Background: Health Related Quality of Life (HRQOL) is one of the most important measures to evaluate health condition of patients. However, a few studies have examined the relationship between characteristics of asthma patient and HRQOL. Objective: Purpose of this study is to evaluate the factors influencing on HRQOL in patients with asthma. Methods: A total of 280 patients with mild to moderate persistent asthma registered for GAIA Study (Trial ID:UMIN000003250) were used for analysis at basement, as the data sets for MOS 8-Item Short-Form Health Survey (SF-8). Results: SF-8 scores at basement were as same value as compared with Japanese national norms. VT (Vitality) and MH (Mental Health) for female, PF (Physical Functioning) and PCS (Physical Component Summary) for older patients (≥ 65) were significantly lower than those of male ($p=0.022$, $p=0.025$), those of younger patients (<65) ($p=0.018$, $p=0.025$). PF and VT for patient's duration of asthma over 10 years were significantly lower than those duration of asthma under 10 years ($p=0.024$, $p=0.022$). In patients with sputum, PF, SF (Social Functioning), VT, and PCS were significantly lower than those without sputum ($p=0.006$, $p=0.004$, $p=0.050$, $p=0.020$). No significant differences were found between patients with and without asthma control medications such as ICS/LABA combination therapy, patients of $\%FEV_1 < 80\%$ and $\%FEV_1 \geq 80\%$, atopic and non-atopic type. Conclusion: Factors influencing to SF-8 were sex difference, age, duration of asthma, and sputum. The treatment of asthma should be discussed under improvement of HRQOL.