

Sociodemographic Correlates of Quality of Life in Renal Transplant Recipients in Pakistan: A Longitudinal Study

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Renal transplantation is the best treatment option for patients with kidney failure that restores health close to normal levels of functioning. Most published studies focused on clinical issues post transplant. However, psychosocial factors are equally important in influencing subjective well-being and overall quality of life (QoL). A longitudinal study was carried out to investigate Quality of Life (QoL) after renal transplantation. Ferrans and Powers (1992; 2008) QoL Index–Kidney transplant version was used to assess perceived QoL based on reports of satisfaction and the importance patients attributed to four main domains of QoL: health functioning status, psychological and spiritual well-being, social and economic conditions, and family life. Renal transplant recipients (RTRs) were assessed on three occasions over a period of 15 months in Lahore (Pakistan). The sociodemographic correlates of QoL were assessed to identify vulnerable recipients reporting a lower QoL post-transplant. This would facilitate encompassing psychological management at follow-ups after transplantation to improve subjective well-being. This is the first longitudinal study assessing QoL satisfaction and psychological wellbeing among renal transplant recipients in Pakistan which has a high rate of kidney transplantations. The findings revealed that most recipients reported a moderate satisfaction after their transplant with a consistent pattern over time.

Keywords: Quality of life (QoL), renal transplant recipients, QoL Index, socio demographic, psychological well-being.