

# COVID-19 and Health-related Quality of Life in Alberta



## ... in Primary Care



1,019 adult Albertans completed a health-related quality of life (HRQL) questionnaire called the EQ-5D-5L after visiting their primary care physician before and throughout waves 1 and 2 of the COVID-19 pandemic.

Albertans who completed this questionnaire had lower health-related quality of life compared to the average Albertan before the COVID-19 pandemic.

- Mild-extreme **pain/discomfort increased 4.8%** from pre-COVID (74.4%) to wave 2 (79.2%), which is much higher than the average in the general Alberta population (63.9%) before the COVID-19 pandemic.
- Mild-extreme **anxiety/depression increased 10.7%** from pre-COVID (50.5%) to wave 2 (61.2%), which is almost double the average in the general Alberta population (37.2%) before the COVID-19 pandemic.

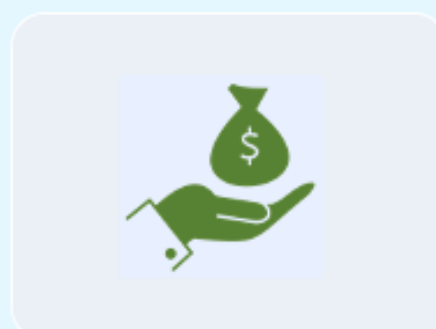
There were significant variations in the impact of COVID-19 pandemic on health-related quality of life across **age**, **sex**, and **income** subgroups; for example:



**Young adults (16-44 years)** had a larger increase (20.7%) in mild-extreme anxiety/depression compared to other age groups



**Females** had a larger increase (9.2%) in mild-extreme pain/discomfort compared to males



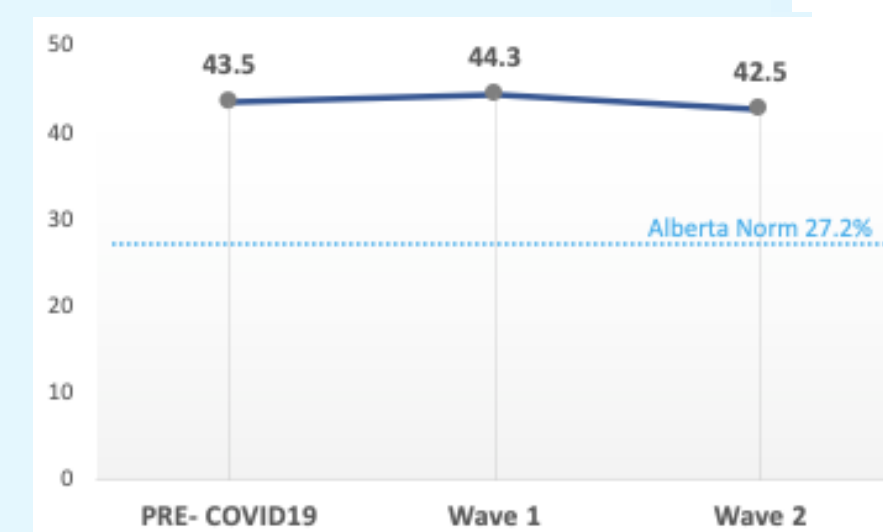
**Individuals with high income** had a larger increase (14.4%) in mild-extreme anxiety/depression compared to those with low or middle income

*The increase in pain/discomfort and anxiety/depression during the COVID-19 pandemic and the evidence of disparities in the impact of the pandemic warrant further surveillance and investigation*

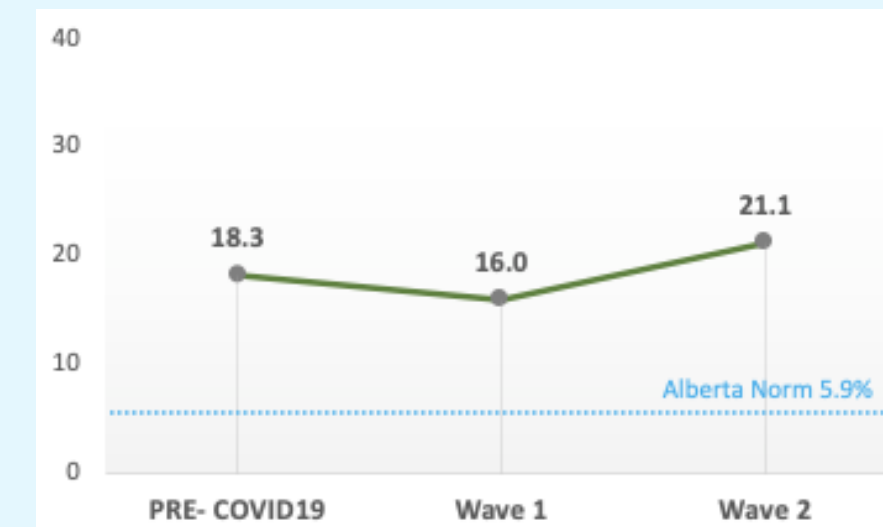
## % of mild-extreme problems in EQ-5D-5L pre-COVID and throughout waves 1 & 2



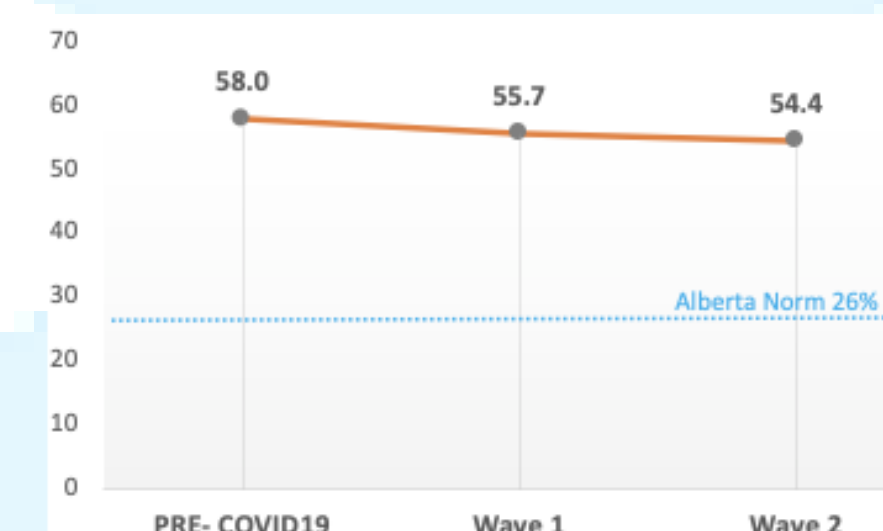
No change in **MOBILITY** over COVID-19 period



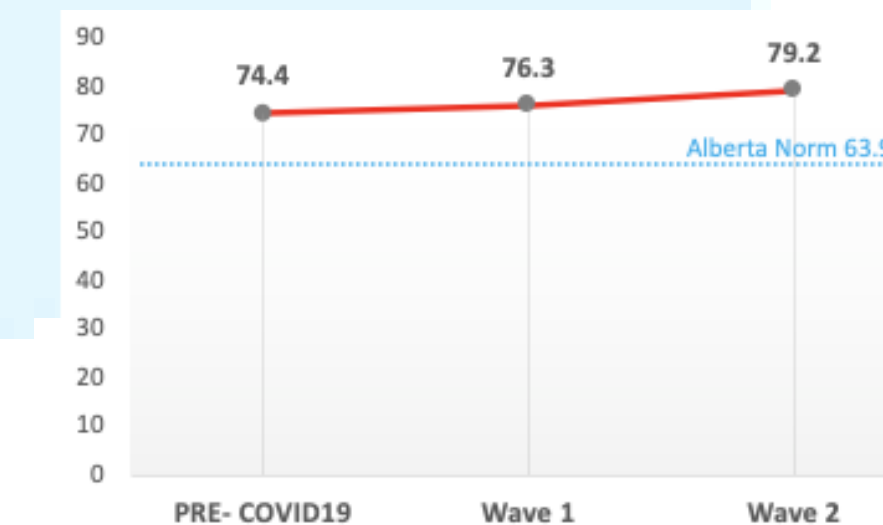
More problems in **SELF-CARE** over COVID-19 period



Less problems in **USUAL ACTIVITIES** over COVID-19 period



More problems in **PAIN/DISCOMFORT** over COVID-19 period



More problems in **ANXIETY/DEPRESSION** over COVID-19 period

