IMPACT OF UTERINE FIBROIDS ON QUALITY OF LIFE
A national cross-sectional survey

The questionnaire collected data regarding symptom severity, the impact of fibroids on perceived quality of life (UFS-QoL) and the overall discomfort score. The UFS-QoL consists of an 8-item Symptom Severity scale and 29 HRQL items comprising 6 subscales:

- Concern
- Activities
- Energy/Mood
- Control
- Self-Conscious
- Sexual Function

The Overall discomfort score has been measured thanks to a numeric question with rates from 0 to 10/10 (rate 0 for very low discomfort, to rate 10 for very high discomfort). The Symptom Severity scale and HRQL subscale scores are inversely related with higher Symptom Severity scores indicating greater symptoms while higher HRQL subscale scores indicate better health-related quality of life.

**TABLE : HRQL GLOBAL SCORE AND HQRL SUBSCALES SCORES (29 LAST ITEMS OF THE UFS-QOL QUESTIONNAIRE) AMONG WOMEN WITH SYMPTOMATIC FIBROIDS.**

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Standard-deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom Severity score</td>
<td>46,3</td>
<td>20,3</td>
</tr>
<tr>
<td>global score</td>
<td>64,5</td>
<td>20,0</td>
</tr>
<tr>
<td>Concern score</td>
<td>57,5</td>
<td>26,7</td>
</tr>
<tr>
<td>Activity score</td>
<td>73,2</td>
<td>23,8</td>
</tr>
<tr>
<td>Energy/mood score</td>
<td>58,1</td>
<td>23,2</td>
</tr>
<tr>
<td>Control score</td>
<td>67,9</td>
<td>23,2</td>
</tr>
<tr>
<td>Self-conscious score</td>
<td>63,4</td>
<td>24,3</td>
</tr>
<tr>
<td>Sexual function score</td>
<td>67,3</td>
<td>27,7</td>
</tr>
</tbody>
</table>

64% of women reported a moderate to a very important impact of fibroids on quality of life (overall HRQL score)

- 39% a moderate impact
- 23% an important impact
- 2% a very important impact

**ASPECTS OF QUALITY OF LIFE - THE MOST AFFECTED**

- Energy 69%
- Concern 63%
- Self-conscious 58%

- Control 51%
- Sexuality 46%
- Activity 44%

30% of women reporting an important impact of their fibroids on quality of life also rated a 9-10 overall discomfort

**CONCLUSION**

Among women affected by severe impact on their quality of life:

- 63% experienced stress from often to very often
- 41% of women with severe impact already wanted to leave everything and disappear vs. 20% among women with mild impact
- 41% of women with severe impact expressed their desire to no longer see anyone vs. 20% among women with mild impact

Severity of symptomatic fibroids has a significant impact on the personal willingness of women to maintain social relationships and to not be isolated

Survey conducted by Ipsos to investigate a national sample of 1287 French women over 18 years old was recruited from August 18th to September 2nd 2016, among which 302 reported being affected by symptomatic uterine fibroids. Representativeness of the surveyed population was obtained through quotas: application age (three strata: 30-39, 40-49, 50-55), socio-professional category (three strata: high, low, unemployed), geographical area (Ile-de-France, West, North and East, South and West, South and East), and type of city (five strata: rural, from 2000 to 9 999 inhabitants, from 20 000 to 99 999 inhabitants, 100 000 inhabitants and over, Paris area). Among the national sample of French women, it has been validated at the beginning of the project to achieve at least 300 women affected by symptomatic uterine fibroids and diagnosed by a healthcare professional.

**ON AVERAGE 3.6 DIFFERENT SYMPTOMS DECLARED BY WOMEN**

- 72% bleedings + other symptom (pain or cramps in the abdomen during off menstruations periods, severe fatigue...)
- 23% exclusively bleedings
- 17% exclusively other symptoms

**OVERALL DISCOMFORT ASSOCIATED WITH FIBROIDS**

31% 25%