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Instruments measuring the quality of life among people living with type 2 diabetes mellitus in India: a systematic review protocol

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ABSTRACT

Introduction Type 2 diabetes mellitus affects an individual's quality of life (QoL); and there are multiple instruments that can be used to measure QoL. The purpose of this systematic review is to identify the existing instruments that have been used to measure QoL in people living with diabetes, and to enlist the major domains (such as physical and psychological components) available in the identified instruments. Additionally, we plan to determine the psychometric properties of the identified QoL instruments using COnsensus-based Standards for the selection of health Measurement INstruments (COSMIN) methodology.

Methods and analysis The Preferred Reporting Items for Systematic Reviews and Meta-Analyses Protocol guideline was followed to report this systematic review protocol. Searches will be conducted on MEDLINE (via PubMed, Web of Science), SCOPUS and CINAHL. Predetermined inclusion/exclusion criteria will be applied to the search results, to include studies with adult individuals diagnosed with type 2 diabetes mellitus, with and without complications, and exclude studies with type 1 diabetes or other clinical illness. Studies conducted outside India will be excluded. Five authors in pairs will independently screen the articles and extract the data that meets the inclusion criteria. The COSMIN criteria will be used to assess the risk of bias of included studies. Narrative synthesis will be performed to analyse the findings of the instruments.

Ethics and dissemination Ethical permission is not applicable, as this is a systematic review. We intend to disseminate the systematic review findings through a national or international conference and publish the findings in a peer-reviewed journal.

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Strengths and limitations of this study

► Systematic review proposed to identify and summarise the disease-specific and generic instruments used in India for assessing the quality of life of individuals with type 2 diabetes.
► COnsensus-based Standards for the selection of health Measurement INstruments methods will be followed to assess the psychometric properties.
► We anticipate heterogeneity in population, context, diabetes-related complications, types of instruments, domains/themes being measured and study methods.

its incidence is found to be intensifying among youth and children.[1] Initial signs of type 2 diabetes may include repeated urination, increased appetite and thirst, blurred vision, fatigue and sluggish healing of cuts and wounds that may remain unnoticed. As a result of lack of awareness of the initial symptoms/signs compounded with other demand-side and supply-side factors, type 2 diabetes may be diagnosed many years after its onset viz. the stage when the disease has progressed to complications.

Diabetes is a worldwide epidemic, with the possibility to cause an overall healthcare emergency. It has been anticipated that by 2025, approximately 300 million individuals would be affected by it.[2] About 50.9 million resident Indians experience ill effects of diabetes, and by 2025, India will be the diabetes capital of the world with an estimated 80 million diagnosed with the disease.[2] India already has the maximum estimated number of people diagnosed with diabetes globally (approximately 73 million) that indicates every fifth individual with diabetes in the world belongs to India.[3] In 2006, there were about 40.9 million resident Indians with diabetes, out of which 90% were type 2 diabetes, with varying prevalence

INTRODUCTION

'Type 2 diabetes mellitus' is one of the non-communicable diseases that occurs when the pancreas is unable to produce required amount of insulin, or when the body cannot use insulin appropriately. The risk of type 2 diabetes rises with increasing age and therefore, it is diagnosed mostly in the middle and older aged population.[1] However, recently