

Paper Category:	COVID 19 and Sarcopenia and Frailty
Paper Title:	Comparison of quality of life among sarcopenic obese and sarcopenic non-obese older adults: A secondary analysis
<p>Background: Sarcopenic obese individuals are a sub group who manifest different health care needs. QoL is reported to be reduced among sarcopenic older adults, however, whether obesity influences QoL among sarcopenic older adults is not known</p> <p>Objectives: To find out how the presence of obesity among sarcopenic older adults influences their QoL.</p> <p>Methods: The secondary analysis of the data from a study conducted among community-dwelling older adults has been used. The participants were included as per the inclusion criteria: (a) either gender, (b) ≥ 60 years and were excluded, if: (a) wheelchair/bed bound, (b) pacemaker and any metal implant, (c) history of tumour, heart surgery, stroke, chronic liver disease, and (d) fever. The procedure was explained to the participants. After obtaining the informed consent, participants were screened for eligibility as per the criteria. The included participants were categorized into two groups: (1) Sarcopenic obese: Sarcopenia as per Asian Working Group for Sarcopenia 2019 criteria and Body Mass Index ≥ 25 Kg/m²; (2) Sarcopenic Non-obese group. QoL was assessed using the Sarcopenia Quality of Life-Kannada version (SarQoL) questionnaire. Demographic details were analyzed using descriptive statistics. Means were compared between two groups using an Independent sample T-test with a significance level of $p < 0.05$.</p> <p>Results: N=45 participants were included, among which (n=14; age 73.35 ± 7.36) were sarcopenic obese (Male: n=7; Female: n=7) and (n=31; age 71.70 ± 6.44) were sarcopenic non-obese (Male: n=18; Female: n=13). The independent sample T-test found no significant difference ($p = 0.874$) in the total SarQoL score among the sarcopenic obese (QoL Score) and sarcopenic non-obese (QoL score).</p> <p>Conclusion: The QoL was less in both groups, but no significant difference was found between sarcopenic obese and non-obese individuals. Obesity alongside sarcopenia does not have an additional impact on their QoL.</p>	

Date of Submission: 8th July 2023

Total number of words: 291