



Clinical research study

Chronic venous disease and quality of life

Fatigue, physical activity, and quality of life in people self-reporting symptoms of chronic venous disease

Loïc Espeit MSc^a, Diana Rimaud PhD^a, Franck Le Mat MSc^a, Claire Cudel MSc^b, Isabelle Micol MSc^b, Laurent Bertoletti PhD^{c, d},
^e, Cyril Chaigneau MSc^b, Guillaume Y. Millet PhD^{a, f}, Thomas Lapole PhD^a  

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Abstract

Objective

The aim of this study was to quantify fatigue and quality of life (QoL) in people self-reporting chronic venous disease (CVD) symptoms or at risk of CVD within a large cohort representative of the French population. The relationship between self-reported physical activity and both fatigue and QoL was also investigated. We hypothesized that a greater fatigue and impaired QoL would exist in participants self-reporting CVD symptoms, with the impairments being attenuated in those with greater level of physical activity.

Methods

Using a web-based, custom and adaptive survey, 3008 participants were asked to self-report the presence of common symptoms and risk factors of CVD. Fatigue, QoL, and physical activity were assessed using the Functional Assessment of Chronic Illness Therapy-Fatigue scale, the Chronic Venous Insufficiency Quality of Life Questionnaire, and the Godin-Shepard Leisure-Time Physical Activity Questionnaire, respectively.

Results

Thirty-two percent of participants were categorized as having CVD symptoms, whereas 50% were categorized as at risk of CVD. Fatigue was greater in participants with CVD symptoms than non-CVD participants ($P < .001$), with the score of participants at risk of CVD being intermediate ($P \leq .001$). QoL was more impaired in participants with CVD symptoms compared with participants at risk of CVD ($P < .001$). In participants with CVD symptoms, there were relationships between fatigue and QoL ($P < .001$) and between physical activity and fatigue ($P < .001$). Despite the relationship between physical activity and QoL