

The Relationship between Quality of Life and Coping Strategies of People with Covid-19 Hospitalized in Imam Reza Hospital in Tabriz, Iran

**Navid Mirzakhani Araghi
Shafagh Saei**

Shahid Beheshti Medical University, Iran

Mehdi Alizadeh Zarei

Iran University of Medical Sciences, Iran

Parvin Dibajnia

Leila Angooti Oshnari

Shahid Beheshti Medical University, Iran

Background: Covid-19 pandemic disease has widespread destructive effects on mental health and quality of life. The aim of this study was to investigate the possible relationship between the type of coping strategies used by patients with Covid-19 and their quality-of-life dimensions. **Methods:** This descriptive-analytical study was performed for two months on 70 patients with Covid-19 using the World Health Organization Quality of Life Scale - Short Version and the Coping Strategies Questionnaire. Mann-Whitney and Pearson correlation tests were used to analyze the data. **Results:** The mean age of the subjects was 69.39. The mean scores of physical, psychological, social and environmental qualities of life were 18.63, 21.11, 10.71 and 25.25, respectively. The mean scores of copings with problem-oriented and emotion-oriented were 66.40 and 63.51, respectively, which indicates that patients use a problem-oriented coping strategy. **Conclusion:** Our findings demonstrated a significant relationship between "physical dimension of quality of life" and "problem-oriented coping strategies". Therefore, it is necessary to provide relevant training to prevent the decline in patients' quality of life.

Keywords: *Covid-19, Quality of life, Life satisfaction*