

## **Assessment of quality of life and well-being in Italian adult subjects with Prader-Willi Syndrome using the Health Survey Short Form and the Psychological General Well-Being Index questionnaires.**

A. Guerrini Usubini, M. Bottacchi, A. Bondesan, D. Caroli, G. Grugni, G. Castelnuovo, A. Sartorio

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**Background/Objectives:** Prader-Willi syndrome (PWS) is a rare, genetically determined neuro developmental disorder. Individuals with PWS face numerous challenges that significantly impact their psychological well-being and quality of life, ultimately limiting their personal and social functioning. This study aimed to evaluate the quality of life and psychological well-being in a sample of Italian adult patients with PWS compared to an age-matched control group of normal-weight Italian individuals.

**Methods:** Thirty patients with PWS (11 men and 19 women; mean age  $\pm$  SD:  $36.4 \pm 10.31$  years; mean Body Mass Index (BMI):  $35.7 \pm 8.92$  kg/m<sup>2</sup>) and thirty Italian adult individuals from the general population (5 men and 25 women; mean age  $\pm$  SD:  $32.1 \pm 6.86$  years; mean Body Mass Index (BMI):  $21.8 \pm 2.90$  kg/m<sup>2</sup>) were studied. Quality of life and well-being were assessed using the Italian versions of the 36-item Health Survey Short Form and the Psychological General Well-Being Index.

**Results:** Normal-weight subjects scored significantly higher than PWS patients on the physical health ( $p < 0.001$ ) and social functioning ( $p = 0.047$ ) subscales of the SF-36. Conversely, PWS patients scored higher on the vitality subscale ( $p < 0.001$ ). Similarly, the vitality subscale of the PGWBI was significantly higher in PWS patients than in controls ( $p = 0.010$ ), whereas the Self-Control subscale of the PGWBI was higher in controls compared to PWS patients, albeit not statistically significant ( $p = 0.057$ ).

**Discussion:** Patients with PWS exhibited impairments in various aspects of quality of life and psychological well-being, including physical, behavioral, and social domains. However, the higher vitality scores observed in PWS patients suggest a preserved dimension of their psychological well-being.

**Conclusions:** These findings enhance the understanding of the psychological condition of patients with PWS and provide valuable insights for improving multidisciplinary psychological treatment approaches for these individuals.

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