POB5: The Use of EuroQol EQ-5D in the Middle East and North Africa Region: A Systematic Review

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Objectives

- EQ-5D is the most commonly used preference-based measure for health-related quality of life.
- There is limited evidence about the use of EQ-5D in the Middle East and North Africa (MENA) region.
- This study aimed to systematically review, summarize, and synthesize all published literature on the use of EQ-5D in the MENA region.

Methods

- A systematic literature review was conducted up to December 2022 with open start date. The study was conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines[1]. (Figure 1)

- Studies using any version of EQ-5D in adults or youth in the MENA region were included. Pilot studies, guidelines, study protocols, reviews were excluded. Four main databases were searched: PubMed, EQ-5D in PubMed Cochrane, PsycoINFO, and CINAHL. Language was limited to English, French and Arabic.

- Key aspects of EQ-5D use were tool version study design, clinical area, population type, and reference value set used, mode of administration (MoA) and type of EQ-5D data reported. Title/abstract screening was conducted independently by two reviewers to assess eligibility for inclusion.

Blinded screening (Abstract/title, full text)

Data extraction using standardized form.

Studies with uncertainty, and any disagreements

Results

Figure1. PRISMA flow chart (reconstructed)

Figure 2. Number and percentage of study reports per single country studies

- An increased use of EQ-5D in the region was seen starting from year 2020, **58%** of the studies were reported between 2020 and 2022, compared with **42%** from 2011 to 2019.
- **139** studies were included with a total sample size of **64,011** individuals and, five studies were multicounty studies.
- Main contributors were **Iran** , **Saudi Arabia** , and **Jordan**. (Figure 2)
- Majority of studies (**85%**) focused on patient populations, particularly targeting endocrine diseases (**33%**).
- In only **8%** of studies was EQ-5D used in the context of an economic evaluation.
- Notably, **60%** of all studies adopted an observational study design, with **86%** being cross sectional studies.
- The EQ-5D-3L version (**42%**) surpassed the EQ-5D-5L (**34%**).
- Only **20%** of studies reported dimension-level data, index and VAS scores.
- Funding sources and MoA were not reported in **30%** and **25% of the studies**, respectively.

Conclusion

- There is an increased use of EQ-5D in the MENA region, especially after 2019.
- There is a prevalent inclination towards non-economic research applications. However, there is a discernible need for standardized guidance in reporting EQ-5D study results in this region.

1.Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71