

# **Quality of Life, Sleep Quality, and Death Anxiety among Chronic Obstructive Pulmonary Disease Patients**

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## **Abstract**

COPD is the third leading cause of death, with 3.23 million deaths in 2019. This study aimed to measure the quality of life, sleep quality, and death anxiety in COPD patients, and to discover the relationship between these concepts. Population of this study was COPD patients in private and governmental hospitals pulmonology clinics in Amman. This study used demographical Data Questionnaire, World Health Organization Quality of Life questionnaire, Pittsburgh Sleep Quality Index, and Death Anxiety Scale. Concerning levels of sleep quality, the study showed that COPD patients in Jordan are perceived their sleep in general as poor sleep quality was high and have moderate death anxiety. The study presented sleep quality was

associated with quality of life and death anxiety in the Jordanian COPD patients, and present significant relationship between the COPD patients quality of life, sleep quality, and death anxiety.

**Keyword:** Quality of Life, Sleep Quality, Death Anxiety, Chronic Obstructive Pulmonary Disease Patients.