

Understanding the gaps among citizens with and without intellectual disability: the role of the quality of life paradigm

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ABSTRACT

BACKGROUND: Quality of Life (QOL) is assuming a special relevance in supports provision of Portuguese citizens with intellectual disability (ID)^[1]. Physical well-being is one of the eight domains in QOL conceptualization model for people with ID^[2,3]. There is still the need to understand the differences or similarities between the QOL of people with and without ID, in order to understand the gaps between citizens^[4]. This proposal aims (a) to compare QOL among adults with and without ID and (b) to examine the predictors of QOL in both groups of participants. **METHODS:** Data were collected from 1,929 adults, including 1,264 individuals with an ID and 665 participants without a disability. QOL was assessed by the Escala Pessoal de Resultados. **RESULTS:** The QOL scores of adults without ID were higher than those with ID, except in the physical well-being domain. Regarding this specific domain, despite general population exposed higher scores in the health status and physical activity indicators, people with ID had higher scores in the recreation, nutritional status, and sleep indicators. Additionally, personal and environmental characteristics were predictors of QOL for both groups of participants. The factors that strongly predicted the QOL scores of citizens with ID were age, living circumstances, employment status, health status, and diagnosis. The most prominent predictors of QOL of people without ID were age, employment status, education level, and health status. The findings highlighted that the health status was the highest predictor of QOL of people with and without ID. **CONCLUSIONS:** Portuguese policy and practice need to change in order to improve the QOL of people with ID, including the physical well-being domain. Better accessible health services and stakeholders deeper knowledge of persons with ID' abilities should be some of the strategies.

Keywords: *Quality of life, Intellectual disability, General population, Predictors*

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