

Improvement of Health-related Quality of Life among the Children by School Nurse Program: A Nonrandomized Controlled Trial

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Abstract

Background: Children's health-related quality of life (HRQoL) varies in their country's conditions, with physical and mental well-being challenges being more prevalent in low- and middle-income countries. **Objectives:** This study aimed to improve children's HRQoL through the school nurse program in Bangladesh. **Materials and Methods:** A nonrandomized controlled trial with a pre- and posttest design was conducted in Bangladesh. A total of 455 primary schoolchildren consented to enroll and completed the entire study, and their data were analyzed. **Results:** Children were allocated into the control group (CG; $n = 220$) and the intervention group (IG; $n = 235$). Regarding household characteristics, most participants did not use water purification methods in both the groups (CG = 71.8% and IG = 73.2%). Subsequently, they had poor accessibility to handwashing facilities (CG = 39.5% and IG = 33.6%), with limited or no access to handwashing facilities. To explore the study's primary outcome, a t -test was used to compare the difference in HRQoL from endline to baseline between CG (mean = 25.12, standard deviation [SD] = 21.99) and IG (mean = 26.47, SD = 25.48), which showed no statistically significant difference between the groups ($P = 0.549$). Furthermore, the T -score of HRQoL was improved chronologically in the IG compared with the CG. **Conclusion:** Although children's HRQoL is influenced by various factors, it could be enhanced by an effective and sustainable school health program. Therefore, a collaborative initiative from the government and nongovernmental organizations is required to secure better HRQoL for children.

Key words: Children, health, quality of life, school environment