TURNER SYNDROME AND GROWTH HORMONE:
A QUALITY OF LIFE ASSESSMENT

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Turner Syndrome is a chromosome abnormality resulting in females who are missing one, or part, of their X chromosomes and is significant for short stature and infertility. Previous studies have demonstrated that girls with Turner Syndrome tend to have lower scores on quality of life evaluations. Early treatment with growth hormone is recommended in order to increase final adult height and consequently improve quality of life. Affects of growth hormone on quality of life outcomes are still unclear. For this reason, we conducted a study comparing adult Turner Syndrome females treated with growth hormone to matched Turner Syndrome control women not treated with growth hormone in search of differences in quality of life. Mail-out questionnaires were provided to 400 adult members of the National Turner Syndrome Society and 174 responses were returned. Participants were divided into two groups: treated and non-treated and quality of life was measured using the Ferrans and Powers Quality of Life Index. Statistical comparisons between the treatment groups were made for demographic characteristics as well as overall and subscale quality of life scores. Significant differences were observed between the mean age of women in the treated and non-treated group (p<0.0001). Significant differences were also found in the health and functioning and psychological/spiritual quality of life subscales. Gross quality of life scores were not significantly different before and after correcting for age between the treatment groups. After comparison of data, it appears that quality of life is similar in women treated and not treated with growth hormone therapy. It can be concluded that age has the most significant impact on an individual’s perception of quality of life.