

## Abstract

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# The Interplay Between Financial Strain, Health, and Quality of Life

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## Abstract

**Objective:** To elucidate the association between financial challenges, healthcare needs, and their subsequent impact on individuals' mental health, physical well-being, and quality of life.

**Methods:** ChiKobi Health conducted a market research survey consisting of twenty questions. 25 participants responded, providing insights into their emotional states due to health or financial situations, daily energy levels, mental health associations with financial and healthcare situations, overall quality of life, experiences with chronic pain, physical functioning, and interests in healthcare management services and holistic products.

**Results:** Key findings indicate: 88% of respondents occasionally to often felt emotionally drained due to health or financial situations. 80% rated their overall quality of life as good to excellent, but 40% have experienced chronic pain that interfered with daily activities. 48% felt their physical health was occasionally to always hindered by financial or healthcare limitations. 60% expressed interest in personalized healthcare manager services and 84% in holistic medical products for preventative health needs.

**Conclusions:** Financial strain and healthcare challenges are significantly intertwined with individuals' emotional and physical well-being. Given the current global challenges and climate change effects leading to more health-related crises, understanding these interrelationships is paramount for disaster medicine and public health efforts, particularly for vulnerable populations.

**Supplementary material.** The supplementary material for this article can be found at <http://doi.org/10.1017/dmp.2024.225>.