BACKGROUND: Quality of life (QoL) becomes more important as primary criterion of quality management in time consuming therapy programs of chronic progressive diseases like cystic fibrosis (CF). Measuring weighted satisfaction of life allows to evaluate subjective aspects of health-related and general quality of life. 

PATIENTS/METHOD: QoL of 254 CF-patients (age 16-45 years, mean 29.4 years, mean FEV1 62.5 % of the predicted, mean BMI 20.5) was evaluated with the Questions on Life Satisfaction (FLZ(M)), a multi-dimensional QoL questionnaire. QoL results of patients are compared with the QoL of a healthy population.

RESULTS: Subjective contentment in health-related life dimensions of German adolescents and adults with CF is significantly lower compared with healthy peers. Women with CF compensate their increased restriction in health-related dimensions by high satisfaction in the dimensions housing and partnership. Women with CF>35 years have a risk for low life satisfaction, men of this age group are not restricted. 

CONCLUSIONS: Therapy programs should take into account the subjective perceived QoL. Routine monitoring of QoL can indicate patients with special needs.