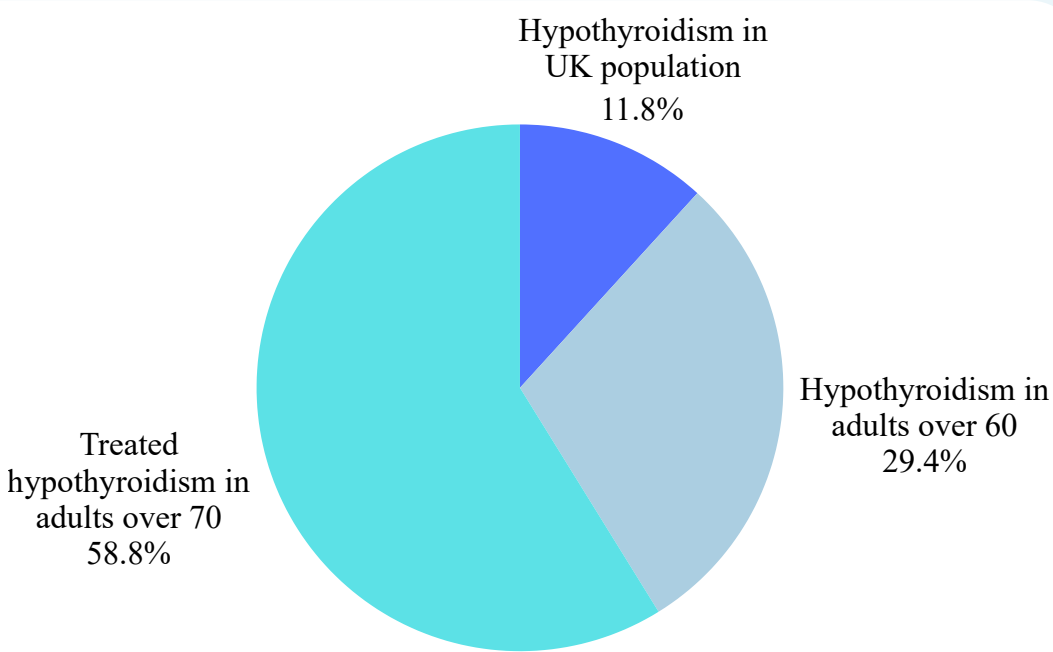


An Investigation into Thyroid Disease Management among Adults Aged 25 and Above in UK

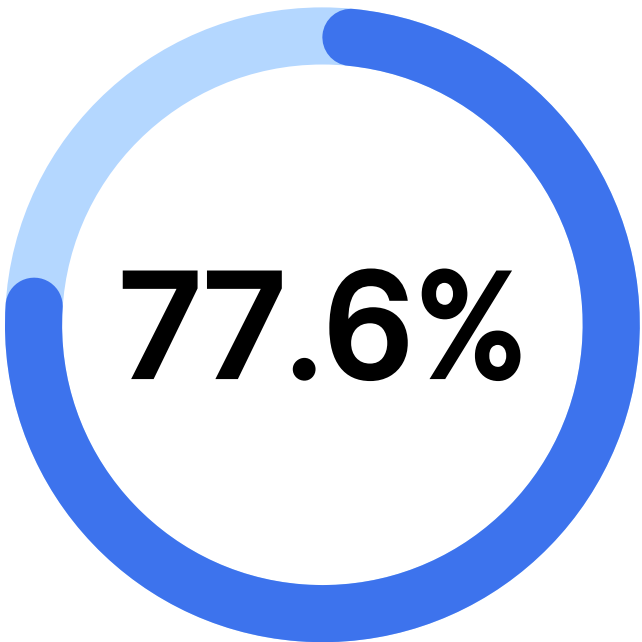
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Prevalence of the problem

Thyroid disease is a widespread chronic endocrine issue in UK, particularly in adults and women. According to NICE, around 2% of UK population has hypothyroidism, and over 5% of individuals over 60 years old have this condition and women are 5-10 times more likely to have hypothyroidism than men (NICE, 2019). Hyperthyroidism is a less prevalent yet significant condition as NHS (2026a) mentions that it is approximately 10 times more frequent in women and mostly arises between 20 and 40 years. The prevalence of treated hypothyroidism is more than 1 in 10 UK adults older than 70 (Younes et al. 2023).



Rationale



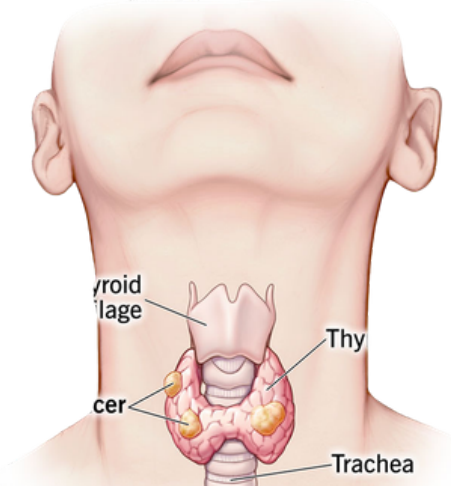
The thyroid disease needs to be investigated since effective management does not conclude with the diagnosis but is based on the long-term treatment, monitoring and support of the patient.

- Adults who take levothyroxine have to take it in the morning, at least 30 minutes before food and sometimes lifelong (NHS, 2026b).
- TSH checks are necessary to change the dose 6 weeks later, and it has to be repeated every 3 months, which puts a strain on the routine and GP visits (NHS, 2024).
- In a survey by the British Thyroid Foundation of 969 treated patients, 77.6% of patients were dissatisfied (BTF, 2026). It demonstrates the necessity to examine the actual management experience of UK adults who are older than 25 years.

Research question, aim and objectives

Aim

This study aims to examine the management of thyroid disease in adult people aged 25 years and above in UK.

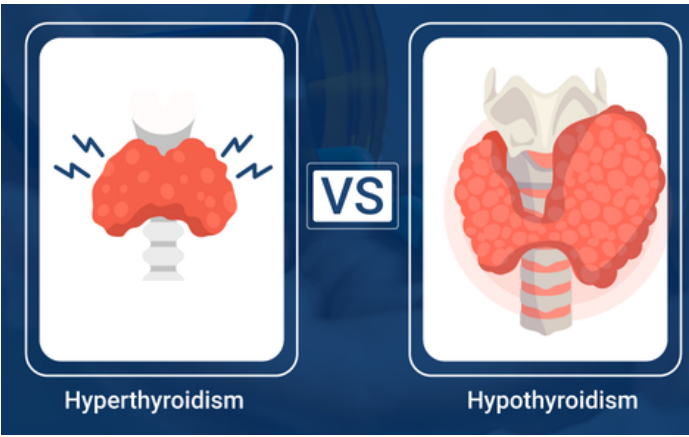


Objectives

- To investigate existing methods of thyroid disease management in adults (25 years and older) in UK
- To explore how thyroid disease management affects the health, wellbeing and quality of life of adults aged 25 years and above
- To determine major problems that adults aged 25 years and older have when accessing diagnosis and treatment, medication support and follow-up care for thyroid disease
- To suggest viable changes in healthcare providers and services that can be made to assist in management of thyroid diseases among adults aged 25 years and above in UK

Question

How is thyroid disease managed among adults aged 25 years and above in the UK, and what challenges affect effective treatment, follow-up care and patient support?



Research impact

The study will have an impact on adults aged 25+ with thyroid disease as it will help to understand the gaps in diagnostics, medication consumption, monitoring and follow-up assistance. It can assist medical staff to learn the practical management challenges faced by patients and enhance the communication, educational and review courses. The results may be useful in informing services in the field of public health and social care by facilitating the recognition of patients at an earlier stage, the provision of better long-term care planning and more patient-focused care. It can also be used to guide service provisions on managing thyroid disease in UK healthcare environments.

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