

عنوان مقاله:

Adherence to Self-Care Behaviors in Hypertensive Patients During the COVID-19 Pandemic Using the Modified Version of the Hypertension Self-Care Activity Level Effects Questionnaire

محل انتشار:

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خلاصه مقاله:

Background and Aim: High blood pressure is an important global healthcare concern, and its prevalence is increasing worldwide. Self-care practice is a cost-effective method in controlling blood pressure. This study aims to assess the adherence to self-care behaviors among hypertensive patients during the COVID-19 pandemic in Qom, Iran. **Materials and Methods:** This is a descriptive-analytical study with a cross-sectional design that was conducted in 2021 on 218 hypertensive patients in Qom City who were selected using a convenience sampling method. The data collection tool was a two-part questionnaire; the first part surveyed demographic characteristics, while the second part was the modified version of the Hypertension Self-Care Activity Level Effects (H-SCALE) questionnaire. Data analysis was performed in SPSS software using independent t-test, ANOVA, Pearson's correlation test, and chi-square test. **Results:** The participants had a mean self-care score of 79.32. Among the self-care subscales, smoking exposure (90.1%), medication adherence (85.7%), healthy eating plan (42.8%), weight management (35.1%), and physical exercise (28.5%) showed the highest scores. Only patients with a university education demonstrated higher and more significant self-care scores. **Conclusion:** The COVID-19 pandemic has had an impact on hypertensive patients' adherence to self-care behaviors in Qom. Considering the results, particularly in weight management and physical activity with the lowest scores, it is important to implement educational programs to inform hypertensive patients about the seriousness of the complications of the disease and encourage them to adhere to self-care behaviors.

کلمات کلیدی:

hypertension, self-care, COVID-19

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