

عنوان مقاله:

Comparing the Effect of Teach Back and Motivational Interview on the Blood Pressure in Hypertensive Patients

محل انتشار:

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خلاصه مقاله:

Aims: Hypertension is one of the common, chronic, and preventable diseases which lifestyle change is the most important strategy for its prevention and treatment. The aim of this study was to compare the effect of teach back and motivational interview on the blood pressure in hypertensive patients. **Materials & Methods:** In this clinical trial, 81 hypertensive patients in the health centers of Yasuj city in 2018 were selected by purposive sampling method and divided into two intervention groups and one control group through random block allocation (27 people in each group). For one intervention group, 3 teach back sessions were conducted, and for the other intervention group, 5 group motivational interview sessions were performed, while the control group received only the usual care. Systolic and diastolic blood pressure of samples were checked and recorded at the beginning of the study and two months after the intervention. **Findings:** In post-test, systolic and diastolic blood pressure in teach back group decreased compared to the control group, but this decrease was not significant ($p > 0.05$), while systolic and diastolic blood pressure in the motivational interview group decreased significantly compared to the control group ($p < 0.05$). The difference in systolic and diastolic blood pressure decreases in the motivational interview group was not significant compared to teach back group ($p > 0.05$). **Conclusion:** There is no difference between the effect of motivational interview on blood pressure level compared to teach back, but only the effect of motivational interview on the above variable is confirmed.

کلمات کلیدی:

Teach Back, Motivational Interviewing, Hypertension, Blood Pressure

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