

عنوان مقاله:

Effectiveness of Gender-based Self-care Education, Attitude, Awareness and Performance on Reduced Blood Pressure in Hospital Patients of Iranshahr

محل انتشار:

نهمین کنفرانس بین المللی روانشناسی و علوم اجتماعی (سال: 1396)

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خلاصه مقاله:

Objective: The aim of the present study was to determine the effectiveness of Gender-based Self-care Education, Attitude, Awareness and Performance on Reduced Blood Pressure in Hypertensive Patients in Khatamolanbia Hospital of Iranshahr. Method: The researcher assessed the impact of a self-care educational package on hypertensive patients during a 6-month period. The target population included 51 male and female hypertensive patients in Khatamolanbia Hospital of Iranshahr in 2016. After implementing the self-care educational package, its impact was evaluated using a self-made questionnaire. Statistical analysis: The data were analysed using SPSS version 16 software. Results: It was shown that the self-care program significantly affects the attitude, knowledge, health behaviors and blood pressure control ($p=0.05$). Conclusion: The use of self-care education to patients and understanding their blood pressure control. Women show more willingness toward self-care programs than men.

کلمات کلیدی:

Gender, Awareness, Attitude, Behavior, Hypertension

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