

**PREVENTIVE BEHAVIORS REGARDING STRESS
MANAGEMENT IN ESSENTIAL-MILD
HYPERTENSION PATIENTS AT BMA HEALTH CENTER
REGION 48, BANGKOK**



Mr. Song Ho Ja

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This analytical cross-sectional survey on KAP of preventive behaviors regarding stress management in 300 essential-mild hypertension out-patients at BMA Health Center No. 48 during February to March 2008 mainly found that (1) the samples' knowledge was on a high level (53.0%), with moderate level of attitudes (44.3%), and moderate level of practices of preventive behaviors regarding stress management (51.0%), (2) Out of all demographic data variables, an ability to relieve stress had a significant statistically relationship with knowledge ($p < 0.05$) and attitudes ($p < 0.001$), but not with practices of preventive behaviors regarding stress management (p -value 0.074), (3) there was a strong and significant statistically relationship between knowledge and attitudes ($p < 0.001$); attitudes and practices ($p < 0.001$); but not between knowledge and practices of preventive behaviors regarding stress management (p -value 0.142). The key recommendation made for clinical practice is that a complete cycle of intervention should be achieved, namely, knowledge, attitudes, ability to relieve stress and skills to cope with stress, and practices, in order to increase patients' practices of preventive behaviors regarding stress management. The missing link of an ability to relieve stress and skills to cope with stress to KAP on the current issue is the main improvement required for existing health prevention/promotion campaign offered by the involved public sector.

Field of Study Health Systems Development

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Advisor's signature

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LIST OF ABBREVIATIONS

BP	Blood pressure
BMA	Bangkok Metropolitan Administration
CVD	Cardiovascular diseases
HBP	High blood pressure
OPD	Out patient department
SPSS	Statistical Package for the Social Science
WHO	World Health Organization