A Survey of the Effect of Self Management Program on Self efficacy and Control of Disease in Hypertensive Patients

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Abstract:

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Background and purpose: Hypertension is a common, chronic and relapsing disease that is considered as a challenging and most important in terms of health throughout the world due to the extensive and long-term changes in behavior related to lifestyle. The aim of this study was to assess the effect of self-management program on self- efficacy and Control of Disease in hypertensive patients.

Materials and methods: This research is a quasi-experimental study on 150 patient with mild-to-moderate primary Hypertension referred to health centers affiliated to Tehran University of Medical Sciences Which have been Sampled Simply and randomized assigned in two experimental(75) and control(75) groups. The intervention consisted of a four-hour one-day workshop and the project scenario and then had two months of telephone follow up(weekly).The data were collected using Self efficacy and Control of disease Questionnaire. Data were analyzed by SPSS-16 Software and descriptive and analytical statistical test( Independent t test, Pair t test, Repeated Measure ANOVA).

Results: The results showed that average self efficacy of experience and control group before the study was intermediate, While experience group report high self efficacy after intervention. Also t- test showed a signnificant difference between the experience and control groups on self efficacy, adherence to diet, medication, exercise and physical activity after the study(p=0.00).Also the result of ANOVA showed that systolic and diastolic blood pressure patients(p=0.00)

Conclusion: The result indicated that Self management program and, is effective in improving self-efficacy and control of disease in the hypertensive patient. Also this study provider useful information about self efficacy and control of disease. This information can be used to design and perform appropriate nursing interventions to promote self efficacy and independentive of these patients.

Key words: Self-management program, Self efficacy, Control of Diseas, Primary Hypertension