P-1474 - PSYCHOLOGICAL FACTORS AS HEALTH RISK PREDICTORS IN FEMALE PATIENTS WITH HYPERTENSION

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Introduction and objectives: The importance of psychological factors in the pathogenesis of hypertension is controversial.

Aim: The purpose of the present study was determining the psychological factors which can predict hypertension.

Methods: The subjects were 50 middle-aged volunteers among referring persons who diagnosed as hypertensive patients that completed Nowak´s Stress Profile . The assessed psychological variables were: Stress (STR), Cognitive Hardiness (HAR), Type A (TYP), Social Support (SOC), Coping Style: positive appraisal (POS), Negative appraisal (NEG), Threat Minimization (THR), Problem Focus (PRO), Psychological Well-Being (WEL) and Health Habits (HAB).

Results: In the scales STR, TYP, NEG the scores higher than 60T indicated a health risk, and in other scales, the score 39T and below indicated a health risk. In order to examine the relation between patients´ health risks and their psychological factors, logistic regression analysis was taken and these variables were used in the model: WEL (p< .000), SOC (p< .000). Coping Style (p< .006), TYP (p< .047), HAR (p< .196), STR (p< .204), and HAB (p< .696). As is seen, Psychological Well-Being, Social Support Network, Coping Styles and Type A Behavior, played the greatest roles. But, in comparison with the other variables, stress wasn´t a determinative. Also, in Health Habits, physical activity was more effective.

Conclusions: The findings of study showed the psychological factors´ prediction power is greater than the one of health habits. So, through assessing psychologically high risk persons and controlling their risk factors, we can take more effective steps in preventing and controlling hypertension.