

**KNOWLEDGE AND ATTITUDE OF SAUDI ADULT MALE ABOUT HYPERTENSION
AND ITS RISK FACTORS, RIYADH, 2017**

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ABSTRACT

Background: Worldwide estimates for a number of cases of hypertension may be as much as 1 billion individuals. Approximately 7.1 million deaths per year may be attributable to hypertension. Hypertension (HTN) is an internationally common disease and an important treatable public health problem. Although there has been a significant progress in the management of hypertension in KSA, rates for control of this chronic disease has proved to be very low. High BP is a major risk factor for many serious diseases. **Objective:** To determine the level of knowledge of Saudi population about hypertension and its known risk factors and to assess different risk factors contribute to the development of hypertension. **Methods:** institutional based cross sectional study and the technique is simple sampling random technique, the sample size was 159. Inclusion criteria: Saudi male, Exclusion: Nationality other than Saudi, Female, male under age 18. Instrument: questionnaire: a series of close ended questions; analyzed by using the SPSS version 20. Chi square with P value less than 0.05 consider significance. Consent was obtained before data collection. **Results:** (34.59%) of participants had hereditary hypertension, stressful life is responsible for (16.98%) of cases. more than half of the participants were overweight (51.57%) and (8.18%) are obese. The majority of samples are cigarettes smokers (42.14%) the minority are EX- smokers (16.98%). The minority participants do not eat fast food (8.18%). There is a significant statistical relationship between age and hypertension. Hypertension gradually goes up with age (p value=0.001). There is a statistical relationship between hypertension and stress in general (p value=0.001). **Conclusion:** In conclusion both hypertensive and non-hypertensive have the same poor to moderate level of knowledge about hypertension, hence the public needs more awareness about hypertension. The commonest risk factors of hypertension is genetic factors followed by obesity. However, it seems the other risk factors like stressful life is underestimated.

INTRODUCTION

Worldwide estimates for number of cases of hypertension may be as much as 1 billion individuals. Approximately 7.1 million deaths per year may be attributable to hypertension.^[1] Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths.^[2] Overall 26.4% (972 million) of the adult world population was estimated to have hypertension in the year 2000, a figure that is projected to increase to 29.2% (1.56 billion) by the year 2025.^[3]

The prevalence of hypertension in KSA is about 10%, with one- third of the cases being not well controlled.^[1] Hypertension is increasing in KSA affecting more than one fourth of the adult Saudi population. Hypertension in KSA has demonstrated persistently increasing manner this increase is attributed to several reasons such as

lifestyle change in KSA towards urbanization, adopting dietary eating habits that are likely to result in hypertension, increasing prevalence of obesity, as well as changing the definition of hypertension to lower systolic normal level.^[2]

High BP is a major risk factor for cardiovascular disease, including ischemic heart disease (IHD). Treatment and control of BP reduce the risk of IHD including (MI). However, the goal of BP control is possible only when the patient is aware and motivated for compliance with the treatment and follow-up and to establish and maintain a health promoting life style. The patient's attitude must be understood in order to increase the communication and control of BP.^[4] The aim of this study is To determine the level of knowledge of Saudi population about hypertension and its known risk factors.

METHODOLOGY

Research study design: Institutional based cross sectional study.

Research study area: Kingdom of Saudi Arabia, Riyadh, Al Mohammediah, Alrwodah, Diriyah and Alswede primary health care center.

Time of study: Feb-Aug / 2017.

Population study: Hypertensive Saudi male.

Exclusion: Nationality other than Saudi, Female, male under age 18.

Sample size: 159.

Sample technique: Simple random technique.

Instrument: Self-administered questionnaire with closed ended questions. To gather information about knowledge regarding risk factors of hypertension about hypertension. This questionnaire was subjected to a probe to test validity and reliability.

Data analysis: The data was analyzed using SPSS version 20.0.0 figure. And Charts were generated using Microsoft Excel, Chi Square test with P value less than 0.05 considered significant.

Ethical: Consent was obtained before data collection, Emphasizing on secrecy and the right of the participant to withdraw from the study at any point of time.

Table (1): Personal information.

Variable		Number	%
Age	18-29	61	38.36%
	30-39	31	19.5%
	40-49	34	21.38%
	50-59	24	15.09%
	60-69	8	5.03%
	70-79	1	0.63%
	Total	159	100%
Education	Illiterate	0	0%
	Elementary	4	2.52%
	Preparatory	5	3.14%
	High school	47	29.56%
	Collage	96	60.36%
	Others	7	4.4%
	Total	159	100%
Employment status	Employed	106	66.67%
	Unemployed	53	33.33%
	Total	159	100%
Marital state	Married	82	51.57%
	Single	75	47.17%
	Divorced	2	1.26%
	Total	159	100%
			n= 159

Table (1) reveals that 18-29 age group are the most majority group about (38.36%) and the lowest is 70-79 which is (0.63%). Education status was mostly college and high school, (60.36) percent are college degree and

(29.56%) are high school, employment status most of them employees about (66.67%). Almost half of the participants was married (51.57%), single (47.17%).

Table (2): Factors associated with hypertension.

Are you suffering from diabetes mellitus?	Yes	No	I do not know	Total	
Number	34	115	10	159	
Percentage	21.38%	72.33%	6.29%	100%	
What level of stress do you have?	Stressful life	Normal life stress		Total	
	A lot	Not much	No		
Number	27	77	55	159	
Percentage	16.98%	48.43%	34.59%	100%	
	83.02%				
Does your family has hereditary hypertension diseases?	Yes	No	I do not know	Total	
Number	55	80	24	159	
Percentage	34.59%	50.31%	15.09%	100%	
Are you suffering from obesity?	Obese	Over weight	Normal weight	Lean	Total
Number	13	82	54	10	159
Percentage	8.18	51.57	33.96	6.29	100
Do you smoke (cigarettes, hashish, or any type)	Yes	Ex-Smoker	No	Total	
Number	67	27	65	159	
Percentage	42.1%	16.98%	40.9%	100%	
				n=159	

Table(2) indicates that (34.59%) of participants had heredity hypertension, stressful life is responsible for (16.98%) of cases, diabetes mellitus association (21.38%), in last more than half of the participants were

overweight (51.57%) and (8.18%) were obese. The majority of the sample are cigarettes smokers (42.14%) the minority are EX- smokers (16.98%).

Table (3): Relation between age and hypertension.

		Age						Total
		18 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79	
Are you suffering from hypertension?	Hypertensive	2 3.28%	14 45.2%	16 47.1%	11 45.83%	6 75%	1 100%	50 31.45%
	Non-hypertensive	59 96.72%	17 54.84%	18 52.94%	13 54.16%	2 25%	0 0%	109 68.55%
Total		61 38.36%	31 19.5%	34 21.4%	24 15.1%	8 5.03%	1 0.63%	159 100%
								P value= 0.0

We find a statistical relationship between age and hypertension. Hypertension gradually goes up with age. In age 50-59 there is (45.83%) of samples are hypertensive and (100%) of age 70-79 are affected. In

another hand at age 18-29 it less than (3.28%).

P value was significant.

Table (4): Relation between hypertensive and non-hypertensive regarding life stresses.

		What level of stress do you have?			Total
		Not stressful life		stressful life	
		No	Time To Time		
Are you suffering from hypertension?	Hypertensive	11 22%	20 40%	19 38%	50 31.45%
		62%			
	Non- hypertensive	44 40.37%	57 52.29%	8 7.34%	109 68.55%
		92.66%			
Total		55 34.6%	77 48.43%	27 17%	159 100%
					P value= 0.0

There is a statistical relationship between hypertension and stress in general. There are (38%) hypertensive got a stressful life. While (7.34%) of non-hypertensive have a stressful life.

P value was significant.

DISCUSSION

Hypertension is one of the diseases that have a strong link with its risk factors. The more risk factors you got the higher chances to have hypertension. Over weight found in more than half of the participants and at least each one got another modifiable risk factor such as smoking or diabetes mellitus. Almost half of participants were a smoker. In another hand, heredity hypertension is very high in our community. It reached one-third of the participants. This result goes in line with other research in Sudan and Saudi Arabia.^[4,9]

We found a statistical relationship between age and hypertension. It goes gradually up with age. This result goes in line with other research in the United States and another research in Ireland. Both confirmed that there is a link between age and hypertension.^[5,6]

We found a statistical relationship between hypertension and stress in general. This goes in line with a study in the United Arab Emirates and Hong Kong.^[7,8] However, it seems underestimated as a risk factor. But still, it plays a considerable role in the development of hypertension.

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