



Lifestyle And Effective Factors On It Among Patients With Transient Ischemic Attack

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Background

Choosing wrong type of lifestyle by a person can predispose him/her to cardiovascular disease such as strokes, which can be a serious hazard for his/her health. Transient ischemic attack is a transient attack of impaired brain function disorder that can predict further strokes. Therefore, this study has done by the purpose of defining lifestyle condition about the patients with transient ischemic attack.

Material and methods

This study is the analytic-descriptive type and has been conducted on 60 patients with transient ischemic attack that admitted to the chosen hospital of Tehran, by random sampling method in 1394. The research tools were patient condition demographic questionnaire and health promotion lifestyle profile (HPLP II). The collected data were analyzed by the SPSS 16 software and statistical tests.

Findings and results

Lifestyle of 63.25% of patients estimated at medium level. Physical activity, stress management and health responsibility dimensions also had lower score in comparison with other dimensions. Interpersonal relationships dimension had the highest score. Statistically significant relation has seen among the lifestyle and education level and economic situation ($P < 0.05$)

Conclusion

Improvement and promotion of patient's lifestyle, especially from the point of physical activity and stress management, requires more attention and by considering the fact that the main cause of stroke is related to person's lifestyle, the necessity of training programs implementation, in order to change or preserve these patients' lifestyle, is recommended.

Key words: Lifestyle, Stroke, Transient Ischemic Attack



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