

# Lifestyle and effective factors among patients with transient ischemic attack

Ghiyasvandian Shahrzad<sup>1</sup>, Sarbooz Hossein Abadi Tahere<sup>2\*</sup>, zakerimoghadam masoumeh<sup>3</sup>, Anoshirvan Kazemnejad<sup>4</sup>

1. Department of Medical-Surgical Nursing, School of Nursing and Midwifery, Tehran University of Medical sciences, Tehran, Iran
2. Medical-Surgical Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
3. School of Nursing and Midwifery, Tehran University of Medical sciences, Tehran, Iran
4. Department of Biostatistics, Tarbiat Modares University, Tehran, Iran

*Corresponding author:* Taheresarbooz@yahoo.com

## Abstract

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

**Methods:** This study was 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. 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.

**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.

**Keywords:** Lifestyle, Stroke, Transient ischemic attack

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