

# 24<sup>TH</sup> WORLD NURSE PRACTITIONERS & HEALTHCARE CONGRESS

June 25-27, 2018 Dubai, UAE

## Healthy lifestyle behaviors of the adolescents with the diagnosis of hypertension

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The study was conducted as descriptive to determine the healthy lifestyle behaviors of adolescents with the diagnosis of hypertension. The sample size of the study was created by 184 adolescents, which was determined by the number of individuals in the University. Data obtained from the study were evaluated by using appropriate statistical analysis in the SPSS 21.0 packaged software. The mean of Healthy Lifestyle Behaviors Scale (HLBS) of the adolescents participating in the study was  $128,51 \pm 26,30$ . The means of HLBS subscale scores were also found as 18,  $22 \pm 5$ , 62 for health responsibility;  $15,913 \pm 4,796$  for physical activity;  $23,10 \pm 4,12$  for nutrition;  $25,15 \pm 4,97$  for spiritual development;  $24,30 \pm 5,06$  for interpersonal relationships;  $19,40 \pm 4,31$  for stress management. The difference between the adolescents' mean in HLBS and sex, age, weight, the types of family, age of mothers, treatment type of adolescents, knowing normal value of blood pressure, education about the measurement of blood pressure, measurement frequency of blood pressure, knowing side effects of drugs, having side effects of drugs, salt habit, and hypertension in family history was statistically meaningful ( $p < 0.05$ ). By the results of regression analysis, the ages of adolescents, mothers and fathers were found as predictors of healthy lifestyle behaviors. According to the results of the study, it was confirmed that the score of healthy lifestyle behaviors of the adolescents with the diagnosis of hypertension was moderate.

### Biography

Gülzade Uysal currently works at the Faculty of Health Sciences, Okan Üniversitesi. Gülzade does research in Pediatrics, Nursing Science and Addiction Medicine. Their current project is 'Tübitak 3001: The effect of an information video and cartoon on pain and fear in children aged 6 to 12 years in the Pediatric Emergency Unit.

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