Knowledge and Attitudes towards Cardiovascular Disease in a Population of North Western Turkey: A Cross- Sectional Survey

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Abstract

Background: Cardiovascular diseases risk factors are preventable in population. Nurses can act as crucial communicators of individuals identified with the noted risk factors.
Objective: The aim of the study is to assess the knowledge and attitudes of a population in Turkey towards risks of cardiovascular disease.
Methods: A descriptive cross-sectional study was carried out between June and August 2012. A data collection form, which consisted of inclusive descriptive characteristics, history of health status and coronary heart disease, and Cardiovascular Disease Risk Factors Knowledge Scale was used.
Results: Mean score for the participants' knowledge levels about risk factors on cardiovascular disease is moderate (19.18 ± 4.46). Women who have a history of diabetes and hyper-cholesterol perceived themselves at high risk. Those, who have a family history of CVDs, knowledge about diseases, and monitoring methods had high total point averages ($p < 0.05$).
Conclusion: It gives insight about what kind of information may be needed for more emphasis which subgroups of people may need more attention from health professionals in Turkey's CVDs prevention.

Key words: cardiovascular disease; risk factors; Turkish population; knowledge; attitudes