

ORIGINAL
ResearchFatemeh Samiei Siboni, MSc,
Zainab Alimoradi, PhD¹, and Vajihe Atashi, PhDHealth-Promoting Lifestyle:
A Considerable Contributing
Factor to Quality of Life in
Patients With Hypertension

Abstract: *Aim: Investigating the relationship between health promoting behaviors and quality of life in patients with hypertension. Methods: In this cross-sectional study, health-promoting behaviors and quality of life in patients with hypertension were assessed in a cardiology clinic of a university hospital in an urban area of Iran. The sample consisted of 93 patients with hypertension who were recruited using a convenience sampling method. Demographic data, Health Promoting Lifestyle Behaviors Profile (HPLP II) and World Health Organization Quality of Life-BREF (WHOQOL-BREF) questionnaires were used to gather data. Data were analyzed using SPSS software version 21. Results: The mean score of health promoting behaviors was moderate (2.51 ± 0.47) with highest and lowest scores in nutritional (2.80 ± 0.52) and physical activity (1.78 ± 0.62) dimension, respectively. There was a statistically significant relationship between health-promoting behaviors and quality of life. The relationship between health-promoting behaviors and quality of life had the highest power in psychological health dimension ($\beta = 5.353$, $P < .001$) and*

lowest power in the environmental dimension ($\beta = 0.365$, $P < .001$).

Conclusion: Improving quality of life of patients requires paying attention to educational interventions for creating changes in the lifestyle to improve all aspects of quality of life.

Keywords: health-promoting behaviors; quality of life; hypertension

(35%).² The prevalence of hypertension is increasing in general, especially in developing countries.³ In Iran, the prevalence of hypertension is 24.3% among men and women and both genders separately having a prevalence of more than 20%. However, the prevalence of hypertension in men is 26.1%, which is higher than that of women (22.4%).⁴

Many risk factors for hypertension are lifestyle-associated behaviors.

Hypertension is one of the most common chronic diseases across the globe. It accounts for 12.8% of total deaths and is known as a "silent killer." The World Health Organization (WHO) has declared it as a public health crisis.^{1,2} The WHO has reported that the prevalence of hypertension in the world is 40% in individuals older than 25 years. In the WHO's regions, the highest prevalence of hypertension was reported in Africa (46%) and the lowest was reported in the United States

Hypertension is one of the most important causes of coronary artery diseases, cerebrovascular diseases, chronic kidney diseases, early death and disability,⁵⁻⁷ and the high costs of health care on the family and society.⁸ Hypertension is influenced by 2 types of risk factors. Nonmoderated risk factors are higher age, family history, and race. Moderated risk factors are weight gain, obesity, lack of physical activity, smoking and alcohol consumption, high sodium intake, diet, stress, and diabetes.⁵ Many

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