

PH: 072467: MAJOR HEALTH SYSTEMS DEVELOPMENT  
 KEY WORDS: KAP SURVEY/ PREVENTIVE BEHAVIORS/ STRESS  
 MANAGEMENT/ ESSENTIAL-MILD HYPERTENSION/ BMA HEALTH  
 CENTER NO. 48

SONG HO JA: PREVENTIVE BEHAVIORS REGARDING STRESS  
 MANAGEMENT IN ESSENTIAL-MILD HYPERTENSION PATIENTS AT  
 BMA HEALTH CENTER REGION 48, BANGKOK. THESIS ADVISOR:  
 PRATHURNG HONGSRANAGON, Ph.D., 96 pp.

This analytical cross-sectional survey on KAP of preventive behaviors regarding stress management in 300 essential-mild hypertension out-patients at BMA Health Center No. 48 during February to March 2008 mainly found that (1) the samples' knowledge was on a high level (53.0%), with moderate level of attitudes (44.3%), and moderate level of practices of preventive behaviors regarding stress management (51.0%), (2) Out of all demographic data variables, an ability to relieve stress had a significant statistically relationship with knowledge ( $p < 0.05$ ) and attitudes ( $p < 0.001$ ), but not with practices of preventive behaviors regarding stress management ( $p$ -value 0.074), (3) there was a strong and significant statistically relationship between knowledge and attitudes ( $p < 0.001$ ); attitudes and practices ( $p < 0.001$ ); but not between knowledge and practices of preventive behaviors regarding stress management ( $p$ -value 0.142). The key recommendation made for clinical practice is that a complete cycle of intervention should be achieved, namely, knowledge, attitudes, ability to relieve stress and skills to cope with stress, and practices, in order to increase patients' practices of preventive behaviors regarding stress management. The missing link of an ability to relieve stress and skills to cope with stress to KAP on the current issue is the main improvement required for existing health prevention/promotion campaign offered by the involved public sector.

Field of Study Health Systems Development Student's signature \_\_\_\_\_

Academic year 2007 Advisor's signature \_\_\_\_\_