

Perceptions of Risk of Coronary Heart Disease among People Living with Type 2 Diabetes Mellitus

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Aim: To assess perception of risk of getting coronary heart disease, and to examine its associations with individual's characteristics and health behaviours among Omanis with type 2 diabetes mellitus.

Background: Evaluating perceptions of being at risk of getting a disease may give insight into health promotion behaviours. People with diabetes are at high risk of getting coronary heart disease. The management of diabetes mellitus should include prevention and control of coronary heart disease.

Design: A cross-sectional correlational study was conducted.

Methods: A convenience sample of 160 adults with type 2 diabetes mellitus invited to participate in this study between November 2014 and March 2015. Descriptive and regression analyses were performed to examine associations between study variables.

Results: High perception of risk of getting coronary heart disease was significantly associated with low educational level, low income, and high level of knowledge about diabetes mellitus. People with diabetes who perceived coronary heart disease as having few moderate known outcomes and consequences reported consuming healthy diet more frequently.

Conclusion: Teaching people with diabetes about the risk of getting coronary heart disease is essential as it could motivate them to perform health promotion behaviours, which may assist in controlling and reducing coronary heart disease.

Biography:

Ali Ammourin is an associate professor in the department of Nursing at The Hashemite University. He completed his PhD at University of Kansas. His Research interest is Preventive cardiology, health promotion. Cardiovascular Risk Factors; Primary and Secondary Prevention of Cardiovascular Disease; Risk Factor Interventions; Open Heart Surgery Management; Cardiac Rehabilitation. He published many articles in different journals.