

## Factors affecting blood pressure in women with hypertension who were referred to Beyrag clinic - Tabriz 91

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### Abstract

**Background and objective:** The prevalence of hypertension in general is estimated about %18.4 and women are more affected than men. The overall objective of this study is to investigate factors that increase blood pressure in women with hypertension from the perspective of those who referred to clinic of Beyrag village.

**Material and Methods:** This study is a qualitative one. Population of this study is 65 female with high blood pressure that are referred to clinic in Beyrag village which are chosen by simple sampling to be individual and group interviewed.

**Results:** findings shows majority of people with high blood pressure, stress and anxiety believe routine problems in life are the main cause of their disease. Many interviewees named income and socioeconomic status as most affecting factors on their health statues. Other affecting factors are named including: lack of exercise, poor physical statues, poor diet.

**Conclusion:** Findings shows majority of people who attempted in this survey due to less knowledge of disadvantages of excessive use of salt and fat do not use them in reasonable dose. Also according to the findings economy is recognized as a major factor that has a significant impact on human health. Consequently, strategies to improve the health status of women with high blood pressure are advised such as: 1- modification of lifestyle 2 – use a proper diet 3 - Light exercise and walking 4 - Stress and Anxiety control 5 - Regular blood pressures measuring 6 - improving the rural economy.

**Keywords:** Hypertension, Clinic, Women, Qualitative Study

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