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## Change in Health Behaviors of Patients Before and After Stroke

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### = A B S T R A C T =

This study was conducted to compare the health behaviors of patients before and after a stroke and propose health education program to reduce risk factors related to stroke recurrence.

Data were collected from eighty-eight stroke patients registered at the Gyeongju-si Health Center between July 1, to August 30, 1999, by interviewing patients from a prepared structured questionnaire, which included questions on that patients' general characteristics, health-related behaviors, family-related characteristics, and pre- and post-stroke health status.

Smoking rate of 51.1% before stroke reduced to 25.0% after stroke; drinking rate of 52.3% before stroke reduced to 17.0% after stroke; daily smoking amount of 20.1 packs per day before stroke significantly reduced to 14.9 packs per day after stroke; and daily drinking amount of 92.4ml before stroke significantly reduced to 23.7ml after stroke.

Smoking rate according to sex showed a marked decrease in the male subjects, but 31.6% still smoked even after their stroke. Among the female subjects, smoking rate of 16.1% before stroke reduced to 12.9% after stroke.

Observation of the change in health-related behaviors of stroke patients showed significant change in smoking rate, drinking rate and intake of regular meals etc. of patients with a spouse and patients who received preventive health education.

Health education on quitting smoking, temperance, low fat diet, exercise and regular meals for stroke patients are needed, and public and private organizations can do their part in development and providing continuing health education programs and health education.

KEY WORDS: Health behavior change, Stroke patients

가 (Kasl Cobb, 1966; Harris Gutten, 1979; Laffrey, 1990). Suchman(1970)

가 ( , 1997). Harris Gutten(1979)

( , 2000). , Laffrey(1990)

가 가 가 가

( , 1996) 가

(Cupples Mcknight, 1994; Howitt Armstrong, 1999; Jolly , 1999). Redfern (2000)

가 가

가 ( , 1997).

( , 1984).

가 ( , 1997). 가

가 38  
(44.3%) 가 ,  
가 27 (30.7%)  
가 77.3% ( 1).

가 가 88  
1999 7 1 8 30  
3

1.

		%
	57	64.8
	31	35.2
( )		
30-49	2	2.3
40-49	6	6.8
50-59	15	17.0
60-69	39	44.3
70	26	29.5
가		
	5	4.5
	13	14.8
	38	44.3
	27	30.7
	2	2.3
	3	3.4
	38	43.2
	30	34.1
	11	12.5
	9	10.2
	42	47.7
	35	39.8
	8	9.1
	3	3.4
	88	100.0

1  
, 가 ,  
, ,  
ml 가  
Goldberg GHQ-60  
45  
Psychosocial Well-being  
Index . ' 0 , ' 가  
, 1 , ' 2 , ' ,  
3 4 ,  
22 , 23-62 ,  
63 ( , 1993).  
SPSS  
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t- , 2-

45  
22 (25%)  
22 20.1  
14.9  
(p<0.01)( 2).

57 (64.8%), 31 (35.2%)  
60 73.8%

2.			
	%		%
	43 48.9	42	47.7
	- -	24	27.2
	45 51.1	22	25.0
(n=22) ( )**	20.1±11.7	14.9±12.8	
( ± )			

\*\* p<0.01 measured by paired t-test.

가 22  
, ,  
68.1% ( 3).

3.			
			%
(n=22)		6	27.3
		5	22.7
		7	31.8
		4	18.2
(n=22)		15	68.1
		4	18.1
		2	9.0
		1	4.5

46 15  
92.4ml 23.7ml  
(p<0.01)( 4).

4.		1	
	%		%
	42 47.7	73	83.0
	46 52.3	15	17.0
1-2	12 13.6	6	6.8
3-4	14 15.9	4	4.5
	20 22.7	5	5.7
(n=15) 1 (ml)**	92.4±84.8	23.7±24.0	
( ± )			

\*\* p<0.01 measured by paired t-test.

가 7 (8.0%)  
31 (35.2%) 가 ,  
(72.7%) 75 (85.2%) 가 ( 5).

5.			
	%		%
	7 8.0	31	35.2
	34 38.6	34	38.6
	47 53.4	23	26.1
가	64 72.7	75	85.2
	17 19.3	13	14.8
	7 8.0	-	-

60.2%  
34.1% , 57.9%  
45.5% ( 6).

65 193% , 73.7% 86.0% 가 , 71.0% 83.9% 가 (p<0.05)( 8). 6. 56.8% 20.5% (p<0.01). 65 52.3% 5.9% , 65 56.8% 9.1% (p<0.05). 65 70.5% 90.9% 가 (p<0.01)( 7). 70.2% 31.6% (p<0.01), 16.1% 12.9% (p<0.01). 61.4%

60.2	28.4	11.3	34.1	44.3	31.6
28.4	60.2	11.4	23.9	60.2	15.9
57.9	31.8	10.2	45.5	44.3	10.2
45.4	45.5	9.1	46.5	46.6	6.8
39.8	47.7	12.5	44.3	45.5	10.3

7.

	65 (n=44)		65 (n=44)	
	No.(%)	No.(%)	No.(%)	No.(%)
(%)	18(40.9)	13(29.5)**	25(56.8)	9(20.5)**
		11.4		36.3
(%)	23(52.3)	7( 5.9)*	25(56.8)	4( 9.1)*
		46.4		47.7
(%)	31(70.5)	40(90.9)**	33(75.0)	35(79.5)
		20.4		4.5

\* p<0.05 measured by <sup>2</sup>-test.  
 \*\* p<0.01 measured by <sup>2</sup>-test.

8.

	(n=57)		(n=31)	
	No.(%)	No.(%)	No.(%)	No.(%)
(%)	40(70.2)	18(31.6)**	5(16.1)	4(12.9)**
		38.6		3.2
(%)	35(61.4)	11(19.3)*	5(16.1)	0(00.0)
		42.1		16.1
(%)	42(73.7)	49(86.0)*	22(71.0)	26(83.9)**
		12.3		12.9

\* p<0.05 measured by <sup>2</sup>-test.  
 \*\* p<0.01 measured by <sup>2</sup>-test.

가 20.6% (p<0.01), 45.4% (p<0.01), 24.3% (p<0.01), 가 44.4% (p<0.01), 가 27.8%  
 45.4% 11.8% (p<0.01), 48.6% (p<0.01), 가 12.9% (p<0.05), 88.6%  
 가 72.1% 83.8% 75.7% 88.6%  
 가 (p<0.01)( 9). 가 , 가 61.6%  
 가 72.2% 가 (p<0.01)( 10).  
 52.9%

9.

	(n=68)		(n=20)	
	No.(%)	No.(%)	No.(%)	No.(%)
	31(45.4)	14(20.6)**	14(70.0)	8(40.0)
(%)	24.8		30	
	31(45.4)	8(11.8)**	9(45.0)	3(15.0)
(%)	33.6		30	
	49(72.1)	57(83.8)**	15(75.0)	18(90.0)
(%)	11.7		15	

\*\* p<0.01 measured by  $\chi^2$ -test.

10.

	(n=70)		(n=18)	
	No.(%)	No.(%)	No.(%)	No.(%)
	37(52.9)	17(24.3)**	8(44.4)	5(27.8)**
(%)	28.6		16.6	
	34(48.6)	9(12.9)*	6(33.3)	2(11.1)
(%)	35.7		22.2	
	53(75.7)	62(88.6)*	11(61.6)	13(72.2)**
(%)	12.9		10.3	

\* p<0.05 measured by  $\chi^2$ -test.

\*\* p<0.01 measured by  $\chi^2$ -test.

50.0% 26.8% 61.7% 34.0%  
 (p<0.01), 44.4% (p<0.01), 46.8%  
 12.5% (p<0.01). 10.6% (p<0.05).  
 73.2% 89.3% 가 (p<0.01) 66.0% 76.6% 가  
 (p<0.01)( 11). (p<0.01)( 12).

11.

	(n=33)		(n=55)	
	No.(%)	No.(%)	No.(%)	No.(%)
	28(50.0)	15(26.8)**	17(53.1)	7(21.9)
(%)	23.2		31.2	
	25(44.4)	7(12.5)**	15(46.9)	4(12.5)
(%)	31.9		34.4	
	41(73.2)	50(89.3)**	23(71.9)	25(78.1)
(%)	16.1		6.2	

\*\* p<0.01 measured by  $\chi^2$ -test.

12.

	(n=41)		(n=47)	
	No.(%)	No.(%)	No.(%)	No.(%)
	16(39.0)	6(14.6)	29(61.7)	16(34.0)**
(%)	24.4		27.7	
	18(43.9)	6(14.6)	22(46.8)	5(10.6)*
(%)	29.3		36.2	
	33(80.5)	39(95.1)	31(66.0)	36(76.6)**
(%)	14.6		10.6	

\* p<0.05 measured by  $\chi^2$ -test.

\*\* p<0.01 measured by  $\chi^2$ -test.

(1996)

. Burn

(1994)

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70.2% 31.6%

. Hankey

30%

(1998)

370 5

가

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. Ingall

(2000)

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Ringelstein Nabavi(2000)

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65

가

. Redfern (2000)

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65

가

(1999)

가

가

가

, Law Tang(1995)

(1994)

가

, Babar(1995)

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 149 , 1 .  
 92.4ml 23.7ml .  
 70.2% 31.6% 23(2): 157-174, 1998  
 , 31.6% , 7. .  
 16.1% 12.9% . 1993, 140-151  
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