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## Factors associated with hypertensive patients' compliance with recommended lifestyle behaviors in north of Jordan

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The prevalence of hypertension in Jordan is very high, approaching 32%. Controlling of blood pressure can be achieved by using antihypertensive medications and adherence to lifestyle changes. This study aimed to identify factors correlating with hypertensive patients' compliance with lifestyle recommendations in north of Jordan. A cross sectional survey and face to face interview methods were used to collect the data from 1000 adult Jordanian patients (>18 years old) who have been diagnosed with hypertension for at least 1 month; on medical treatment and attending hypertensive clinic in King Abdullah University Hospital from (October 2016-December 2016). The questionnaire was developed based on previous literature and with the help of experts in the field of hypertension. Data analysis was conducted using the SPSS Version 23. In this study, only 23% of the patients were fully compliant with healthy lifestyle behaviors. About 95% were knowledgeable on hypertension, and 86% of the patients had positive beliefs about the management protocols of their disease. Gender, physician counseling on a healthy lifestyle, patients' beliefs about hypertension management, and their knowledge on hypertension and its management, have an independent effect on compliance with lifestyle recommendations. Despite the high level of patients' knowledge about hypertension disease, and the positive beliefs regarding hypertension management, the rate of compliance with lifestyle recommendations was low. Receiving counseling from physicians about healthy lifestyle and self-care, being informed about hypertension and its management and having positive beliefs about managing this disease are significant predictors of patients' compliance with lifestyle recommendations.

### Biography

Qais Alefan has completed his PhD from Universiti Sains Malaysia. He is an Assistant Professor at the Faculty of Pharmacy, Jordan University of Science and Technology. He has published more than 20 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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