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## Knowledge about risk factors of stroke among patients

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Proper knowledge about stroke risk factors could enhance patients' attitudes and practices regarding lifestyle-related risk factors of stroke. Although unchanged unhealthy lifestyle could put patients at a greater risk of recurrent stroke, few studies have been found to assess the knowledge of patients with stroke about its risk factors in Iran. Therefore, the objective of this study was to assess the knowledge of stroke risk factors among patients with stroke in a teaching hospital in Tehran. In the period of May to July 2016, patients diagnosed with stroke admitted to the neurology ward of Loghman-Hakim hospital participated in the study. Data were collected through face to face interviews, held by trained general practitioners. Responses of 372 patients were analyzed. The level of knowledge of patients about risk factors of stroke was low. Almost half of the patients were not able to name a single risk factor of stroke, and only 13% could name three stroke risk factors or more. The most mentioned risk factors were stress (52.2%), anxiety (41.8%), and hypertension (33.4%). The level of knowledge of patients who were 60 years old or more was significantly higher compared to those aged less than 60 years. In addition, the level of knowledge of patients with high school diploma or higher education was higher compared to those with lower education. It is suggested that education programs be established in hospitals to improve patients' level of knowledge about stroke risk factors.

### Biography

Mohsen Abbasi-Kangevari is a fourth-year medical student at Shahid Beheshti University of Medical Sciences. He has published one article, has one article in press and two articles under review. He has also co-translated the fifth edition of Immunology & Serology in Laboratory Medicine into Persian. His main field of interest in research is neuroscience and public health. He speaks three languages, including Persian, English, and German.

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