**Research Instrument (Questionnaires)**

**Title:** Assessment of knowledge and attitude regarding risk factors of cardio vascular disease among general people residing in Nepalgunj, Banke; Nepal

**Objective**: To assess the level of knowledge and attitude regarding risk factors of cardio vascular disease among general people residing in Nepalgunj, Banke; Nepal.

Direction: After obtaining verbal and written consent from each respondent, respondents are requested to tick ( ) in the box for the appropriate answer provided to close ended questions and fill the answer with the space provided to the open ended questions.

Course No: Date:

**SECTION A: Socio-demographic characteristics data**

**Kindly provide appropriate answer to the question asked**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No.** | **QUESTION** | **RESPONSES** | **CODES** | **REMARKS** |
| 1) | Age | a. 20-30 years  b. 30-40 years  c. 40-50 years  d. 50-60 years |  |  |
| 2) | Sex | a. Male  b. Female |  |  |
| 3) | Religion | a. Hinduism  b. Muslim  c. Buddhists  d. Christianity  e. Other |  |  |
| 4) | Family income | a. Less than 10,000  b. 11,000-20,000  c. 20,000-30000  d. 30,000 above |  |  |
| 5) | Family type | a. Nuclear family  b. Joint family  c. Extended family |  |  |
| 6) | Educational status | i. Illiterate  ii. Literate |  |  |
| 7) | Occupation status | a. Government job  b. Business  c. Agriculture |  |  |
| 8) | Marital status | a. Married  b. Unmarried  c. Widowed/Widower  d. Divorced |  |  |
| 9) | Present Illness | a. Hypertension  b. Diabetic mellitus  c. Cancer  d. Asthma  e. Others |  |  |
| 10) | Eating pattern | a. Vegetarian  b. Non- vegetarian  c. Mixed |  |  |
| 11) | Personal habit | a. Smoking  b. Tobacco  c. Drug  d. If any specify since……… |  |  |

**SECTION: B**

**Structured questionnaire to assess knowledge regarding risk factor of cardio vascular disease.**

**Kindly provide appropriate answer to the below question asked.**

1. **What is cardio vascular disease?**
2. Group of disorders of heart and blood vessel
3. Group of disorder of kidney and heart
4. Group of disorder of brain and blood vessels
5. Group of disorder of digestive system and heart.
6. **Which of the following statement is true:**
7. Cardio vascular disease is preventable.
8. Cardio vascular disease is incurable.
9. Cardio vascular disease is contagious.
10. Cardio vascular disease is non- contagious.
11. **Which of the following sex is more prone to cardio vascular disease?**
12. Male
13. Female
14. Male and Female equally
15. Transgender
16. **Which of the following age are greater risk of developing cardio vascular disease?**
17. Infant
18. Toddler
19. Adolescent
20. Older people
21. **What do you mean by modifiable risk factor?**
22. The factor which can be modified.
23. The factor which cannot be modified.
24. The factor which is useless.
25. The factor which is very good for health.
26. **What do you mean by non – modifiable risk factor?**
27. The factor which cannot be change.
28. The factor which can be change.
29. The factor which is useless.
30. The factor which is unknown.
31. **What are the modifiable risk factor of cardio vascular disease?**
32. Family history, age, sex, ethnicity.
33. Smoking, physical activity, Dietary pattern, high cholesterol, tobacco, stress.
34. Age, ethnicity, religion, sex, violence, trauma.
35. Age, ethnicity, family history
36. **What are the non- modifiable risk factor of cardio vascular disease?**
37. Age, family history, sex, ethnicity.
38. Age, smoking, tobacco, stress.
39. Stress, smoking, high cholesterol.
40. Family history, age, smoking.
41. **What is the sign and symptoms of cardio vascular disease?**
42. Dizziness, weakness, arm pain, pressure in the chest, heart palpitations, shortness of breath
43. Vaginal bleeding, blur vision, vision loss, persistent watery eyes, epistaxis.
44. Hearing loss, stomach pain, blood in urine, blood in stool, blood in sputum.
45. Bloating of stomach, headache, alopecia, speech difficulty, conjunctivitis.
46. **What are the diagnosis measures of cardio vascular disease?**
47. ECG, CT- scan, MRI
48. Pyelogram, sputum test, ELISA test
49. Urine test, mammography, colonoscopy
50. Endoscopy, cystoscopy, sigmoidoscopy

**11) What is the treatment of cardiovascular disease?**

1. Medicine, life style modification, coronary artery bypass grafting.
2. Thyroidectomy, nephrectomy, prostatectomy.
3. Arthroscopy, Thyroidectomy, cystectomy.
4. Cholecystectomy, arthroscopy, cystolithotomy.

**12) What is the prevention of cardio vascular disease?**

1. Smoking cessation, maintain blood pressure, low salt intake, exercise, maintain blood glucose level
2. High blood pressure, high intake of salt, smoking.
3. Tobacco consumption, intake of red meat, consumption of alcohol.
4. Physical inactivity, smoking, daily intake of red meat, high blood pressure.

**13) How many hours we need to exercise to prevent from cardio vascular disease?**

1. 3 hrs
2. 1hrs
3. 12 hrs
4. 5 hrs

**14) What dietary changes can be done to prevent from cardio vascular disease?**

1. Eating more vegetable and fruits, intake low amount of salt, avoid red meat.
2. Smoking, drinking alcohol, chewing tobacco.
3. Eating red meat, smoking, drinking alcohol, drinking cold drinks.
4. Tobacco chewing, drinking alcohol, eating spicy food.

**15) What is the complication of cardio vascular disease?**

1. Heart failure
2. Infertility
3. Peritonitis
4. Tonsillitis

**SECTION: C**

**Likert scale for assessing the attitude regarding risk factor of cardiovascular disease.**

**KEYS:**

**SA- Strongly Agree**

1. **Agree**

**N- Neutral**

**D- Disagree**

**SD- Strongly Disagree**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S.No.** | **ITEMS** | **SD**  **1** | **D**  **2** | **N**  **3** | **A**  **4** | **SA**  **5** |
| 1. | CVD is contagious disease. |  |  |  |  |  |
| 2. | Smoking is the major risk factor of CVD. |  |  |  |  |  |
| 3. | Physical activity helps to reduce CVD. |  |  |  |  |  |
| 4. | It is better to play with laptop than doing physical exercise. |  |  |  |  |  |
| 5. | Walking 1hrs per day can prevent us from CVD. |  |  |  |  |  |
| 6. | Daily intake of enough fruits and vegetable helps to reduce the risks of CVD. |  |  |  |  |  |
| 7. | More than 5gram per day intake of salt can prevent us from CVD. |  |  |  |  |  |
| 8. | Obesity increase the risk of CVD. |  |  |  |  |  |
| 9. | Stress management helps to prevent from CVD. |  |  |  |  |  |
| 10. | Tobacco chewer have the higher risks of getting CVD |  |  |  |  |  |
| 11. | Regular medical check up can prevent from CVD |  |  |  |  |  |
| 12. | CVD occurs due to bad spirit rather than the personal behavior. |  |  |  |  |  |
| 13. | High blood pressure increase the risks of developing CVD. |  |  |  |  |  |
| 14. | CVD is easily treatable and curable. |  |  |  |  |  |
| 15. | Healthy lifestyle changes are too expensive to prevent from CVD. |  |  |  |  |  |
| 16. | Intake of red meat increase the risk of CVD. |  |  |  |  |  |
| 17. | Meditation helps to reduce risk of CVD. |  |  |  |  |  |
| 18. | It is a myth that cigarettes hurt heart health |  |  |  |  |  |
| 19. | Family history helps to increase the risk of cardiovascular disease. |  |  |  |  |  |
| 20. | Older people have higher risk of CVD. |  |  |  |  |  |