

Hypertension perception questionnaire

Study ID _____

Date _____

Heart study ID Number _____
(Heart study ID)

Qx1 Have you ever been informed by a medical practitioner or nurse that you have high blood pressure?

yes
 no
 don't know

Qx2 Are you taking medication for your high blood pressure?

yes
 no
 don't know
(if yes for qx1)

Qx2a How often do you take your treatment?

Daily
 5-7 days a week
 3-5 days a week
 1-3 days a week
 1 day a week
 less often
 don't know

Qx3 Has a medical practitioner or a nurse discussed life style changes (e.g. changing your diet, quit smoking, exercise more) with you?

yes, please specify
 no
 don't know
(if yes for qx1)

Life style changes advised

Qx3a Do you adhere to the life style advice / changes?

yes fully
 yes partly
 no
 don't know
(if yes for qx3)

Qx4 Do you think your chances of getting a disease of your heart or blood vessels (like stroke or a heart attack) are

very high
 high
 moderate
 low
 very low
 don't know

Qx5 Has anyone in your direct family ever been diagnosed with high blood pressure?

Mother
 Father
 Sister, please specify how many
 Brother, please specify how many
 Daughter, please specify how many
 Son, please specify how many
 Grandmother
 Grandfather
 Grandchildren, please specify how many
 No one
 Don't know

Direct family with high blood pressure

Qx6 Do you know anyone in your surrounding, other than your family, who has been diagnosed with high blood pressure?

-
- yes (please specify)
 no
 don't know

People with HBP in surroundings

Qx7 How well informed do you think you are about high blood pressure?

-
- very well
 well
 moderate
 low
 very low
 don't know

Qx8 Do you think the following factors influence the risk of getting high blood pressure?

	yes	no	don't know
Physical exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Religion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family History	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol Consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The weather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salt Intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Qx9 Are the following statements true or false?

	true	false
Having high blood pressure is bad for you	<input type="radio"/>	<input type="radio"/>
Frequent consumption of fast food (like KFC) can result in an increase in your blood pressure	<input type="radio"/>	<input type="radio"/>
Kitchen salt (sodium) increases your blood pressure	<input type="radio"/>	<input type="radio"/>
Drinking of alcohol increases your blood pressure	<input type="radio"/>	<input type="radio"/>
Blood pressure gets better by a healthy diet	<input type="radio"/>	<input type="radio"/>
Blood pressure gets better by exercise	<input type="radio"/>	<input type="radio"/>
Blood pressure can be managed by going to church	<input type="radio"/>	<input type="radio"/>
Blood pressure can be managed by praying	<input type="radio"/>	<input type="radio"/>
Blood pressure can be managed by going to the traditional healer	<input type="radio"/>	<input type="radio"/>
High blood pressure makes you feel sick	<input type="radio"/>	<input type="radio"/>
High blood pressure is a rare condition	<input type="radio"/>	<input type="radio"/>
High blood pressure prevents the development of heart disease	<input type="radio"/>	<input type="radio"/>
High blood pressure increases the risk of a stroke	<input type="radio"/>	<input type="radio"/>
If you ignore it, high blood pressure will go away on its own	<input type="radio"/>	<input type="radio"/>