

# EVALUATION OF HEALTH LITERACY, BEHAVIORAL AND PSYCHOSOCIAL CHARACTERISTICS IN CORONARY ARTERY PATIENTS: A HOSPITAL BASED STUDY IN TURKEY

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March 07, 2024

## Abstract

Background: This study was aimed to investigate evaluation of health literacy, behavioural and psychosocial characteristics in coronary artery patients. Methods: This study was carried out between March 2019 and March 2020 with 275 coronary artery patients aged [?]50 years in Kastamonu State Hospital. Clinical, behavioural characteristics, Turkish Health Literacy Scale-32 and Beck Depression Inventory were used to collect the data. Results: General health literacy index score was 31.7 and the prevalence of limited health literacy was 59.3%. Depressive symptom was found to be 33.4% in moderate/severe level. Limited health literacy was 58.3% among [?]65 years old, while it was 41.7% in the 50-64 age group ( $p<0.05$ ). Adequate health literacy was 62.5% in males and 37.5% in females ( $p<0.05$ ). Adequate health literacy was 2.8 fold higher among 50-64 age group, 3.1 fold higher among men, 3.4 fold higher among married and 5.3 fold higher among those who believe in the necessity of individual protective practices have more adequate health literacy levels ( $p<0.05$ ). Health check-up, utilizing health service, cigarette and alcohol use, exercise and nutrition were the significant behavioural factors for health literacy levels ( $p<0.05$ ). Mild level of depressive symptoms was more common among limited health literate patients. Conclusion: Health literacy was poor among coronary artery patients and behavioural and psychosocial variables were differed with health literacy levels. In order to develop cardiovascular health among these patients, health literacy-based interventions should be adopted to in coronary artery clinics especially for risky groups. Keywords: Coronary disease, coronary artery disease, health literacy, risk factors, life style, depression, patients

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