

## Differences in experiences of stress among female and male patients in a Stroke and Heart Attack Prevention Program

Marylen Rimando, PhD, MPH, CHES, CPH  
 University of Iowa  
 Department of Health and Human Physiology  
 Tuesday, November 1, 2011

### Presenter Disclosures

<Marylen Rimando>

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

< No relationships to disclose >

### Acknowledgements

- Dissertation committee members
- Nursing staff in the Northeast Georgia Health District
- Patients in the Georgia SHAPP program

### Outline

- Introduction
- Methods
- Results
- Discussion
- Conclusion

### Introduction

- Hypertension is important medical and public health issue
- High CVD mortality rates in US and in Georgia for African Americans
- Older adults and chronic disease management
- Managing multiple issues in lives outside of their diseases and illnesses

### Literature Review

- Mostly quantitative, survey method studies
- Sample - 18+ and above, not focused of older adult population
- Need for more qualitative studies and focus on phenomenology
- Need to focus on African Americans diagnosed with HTN

## Methods

- 29 semi-structured qualitative interviews
- At health department clinic
- African American patients
- Aged 55 and older
- Uncontrolled and controlled hypertension
- Given \$20.00 Walmart gift card prior to interview

## Results

- Females reported higher stress levels and more daily stressors than males
- Females reported difficulty managing stress and need for more social support
- Stressors from balancing work, family, church, and social responsibilities
- Males reported few or no daily stressors

## Discussion

- New finding on gender differences for stress-related experiences in HTN patients
- Supports literature on need to create culturally sensitive programs
- Supports importance of stress management in chronic disease patients
- Recall bias and selection bias
- Initial difficulty in recruitment at the clinic

## Conclusion

- Social support and social networks in managing HTN and diabetes
- Culturally sensitive and gender specific programs and health messages
- Implications for clinician - patient communication
- Acknowledge differences in communication between male and female patients

## Contact:

Marylen Rimando  
University of Iowa  
Department of Health & Human Physiology  
E112 Field House  
Iowa City, Iowa 52242  
Area: Health Promotion  
Email [marylen-rimando@uiowa.edu](mailto:marylen-rimando@uiowa.edu)