

# Knowledge of cardiovascular disease risk factors among caretakers of cardiology patients attending Jordan University Hospital

We, a group of students at the University of Jordan - Faculty of Medicine, are conducting this cross-sectional study, which aims to assess the knowledge and understanding of risk factors for cardiovascular disease (CVD) and coronary heart disease (CHD) symptoms among outpatient caretakers attending cardiac clinics at Jordan University Hospital in Jordan.

It only takes 5 minutes to complete this survey

All information provided will be kept confidential and will be used for scientific research purposes only.

\* Indicates required question

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1. Do you agree to participate in this study \*

*Mark only one oval.*

Yes

No

## Sociodemographic factors

2. Age Group \*

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## 3. Sex

*Mark only one oval.*

Male

Female

## 4. Education \*

*Mark only one oval.*

No Formal Education

Primary

Secondary

Bachelor's degree or higher

## 5. Marital status \*

*Mark only one oval.*

Single

Married

Divorced

Widowed

## 6. Occupation \*

*Mark only one oval.*

- Jobless
- Student
- Self-employed
- Employed
- Retired

## 7. Income \*

*Mark only one oval.*

- Less than 500
- 500-1000
- 1000-1500
- 1500-2000
- more than 2000

## 8. Residence \*

*Mark only one oval.*

- Urban
- Rural

## 9. Relationship to Patient \*

*Mark only one oval.*

- Spouse
- Child
- Sibling
- Parent
- Friend

## 10. Health Insured \*

*Mark only one oval.*

- Yes
- No

## 11. Perceived health status \*

*Mark only one oval.*

- Good
- Average
- Bad

## 12. When was the last time you had general health check-ups \*

*Mark only one oval.*

- Never
- Within a year
- Over a year

## 13. Personal Disease History \*

*Check all that apply.*

- CVD
- Stroke
- Hypertension
- Diabetes
- Chronic kidney disease
- Cancer
- Chronic pulmonary disease
- Chronic back pain
- None

## 14. Is there a family history of coronary heart disease \*

*Mark only one oval.*

- Yes
- No
- Don't know

## 15. Is there a family history of deaths of females under 65 years of age or males under 55 years of age due to heart disease? \*

*Mark only one oval.*

- Yes
- No
- Don't know

## 16. Smoking status \*

*Mark only one oval.*

- Current (at least 1 cig in the last 6 months)
- Past (Last cigarette more than 6 months)
- Never

## 17. How many days do you exercise per week \*

*Mark only one oval.*

- I don't exercise
- Other: \_\_\_\_\_

## 18. How many minutes do you exercise per day \*

*Mark only one oval.*

- I don't exercise
- Other: \_\_\_\_\_

## 19. Weight \*

\_\_\_\_\_

## 20. Length \*

\_\_\_\_\_

21. How worried are you about the possibility of having a heart attack? \*

*Mark only one oval.*

- Not worried at all
- Worried
- Extremely worried

Awareness of CVD

22. Answer the following questions based on your knowledge of Coronary heart disease (CHD) \*

Mark only one oval per row.

	Yes	No
<b>Cardiovascular diseases are curable upon completion of described dose.</b>	<input type="radio"/>	<input type="radio"/>
<b>CVDs are the leading cause of deaths globally</b>	<input type="radio"/>	<input type="radio"/>
<b>Smoking does not increase a risk of CVD</b>	<input type="radio"/>	<input type="radio"/>
<b>Diabetes increases ones risk of CVD</b>	<input type="radio"/>	<input type="radio"/>
<b>High blood pressure is a risk factor of CVD</b>	<input type="radio"/>	<input type="radio"/>
<b>Excessive alcohol drinking is dangerous to cardiovascular health</b>	<input type="radio"/>	<input type="radio"/>
<b>High cholesterol in blood prevents one from CVD</b>	<input type="radio"/>	<input type="radio"/>
<b>Consuming a lot of vegetables and fruits</b>	<input type="radio"/>	<input type="radio"/>



and fruits increases the risk of CVD

Consumption of too much salt is a risk to CVD

Having excess body weight increases ones risk of CVD

Regular physical activity will lower a persons chance of getting cardiovascular disease

Old age is a risk factor for CVD

Men are at higher risk of CVDs compared to women

CVD are not preventable

Stopping smoking will lower chance of heart attack

HDL refers to "good" cholesterol, and LDL refers to "bad" cholesterol

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to "bad"  
Blood  
cholesterol  
pressure of

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140/90 is  
Blood  
considered  
pressure of  
high  
140/90 is

---

considered  
Nonsmokers  
high  
can die from

---

second-hand  
Nonsmokers  
smoke  
can die from

---

second-hand  
smoke

---

23. Do you think the following complaints are symptoms of a heart attack? \*

*Mark only one oval per row.*

	Yes	No
<b>Pain or discomfort in the jaw, neck, or back</b>	<input type="radio"/>	<input type="radio"/>
<b>Feeling weak, lightheaded, or faint</b>	<input type="radio"/>	<input type="radio"/>
<b>Chest pain or discomfort</b>	<input type="radio"/>	<input type="radio"/>
<b>Sudden trouble seeing in one or both eyes</b>	<input type="radio"/>	<input type="radio"/>
<b>Pain or discomfort in the arms or shoulders</b>	<input type="radio"/>	<input type="radio"/>
<b>Shortness of breath</b>	<input type="radio"/>	<input type="radio"/>

24. Where did you learn about heart disease? \*

*Mark only one oval.*

- School
- Tv
- Family and friends
- Doctors/nurses/other health professionals
- Newspapers and magazines
- Internet
- Other: \_\_\_\_\_

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