

EFFECT OF MEDITERRANEAN DIET EDUCATION ON BLOOD PRESSURE LEVEL AND QUALITY OF LIFE OF HYPERTENSION PATIENTS

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THESIS ABSTRACT

This study aims to evaluate the effects of Mediterranean diet education on blood pressure levels and quality of life in hypertensive patients. The research is an experimental study conducted at a family health center in Bursa.

The results showed that patients who received Mediterranean diet education had an average reduction of 10 mmHg in systolic blood pressure and 7 mmHg in diastolic blood pressure. Additionally, significant improvements were observed in the total and all sub-dimension scores of quality of life.

APPLICATION AREAS OF THE THESIS RESULTS

Educational interventions provided to patients diagnosed with hypertension can be considered as a valuable educational tool. Forms can be used to assess the effectiveness of the education provided.

ACADEMIC ACTIVITIES

Karacan, Y., Akkuş Y., Bayram R., Budak S., & Ünlü, A.A. (2024). Do spiritual well-being and pain intensity predict physical or mental components of health-related quality-of-life scale in patients with multiple myeloma. *Pain Management Nursing*, 1 (2).

Bayram, R., Budak, S., & Yıldız, H. (2024). The effect of non-compliance with diet and liquid restriction on fatigue in dialysis patients. *Revista da Escola de Enfermagem da USP*, 58, e20230251.



KEY WORDS

- ✓ Mediterranean diet
- ✓ Hypertension
- ✓ Quality of life
- ✓ Nutrition education
- ✓ Chronic disease management

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