

Gender Differences in Knowledge, Attitudes and Practices towards Cardiovascular Disease and its Treatment among Asian Patients

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Abstract

Introduction: Knowledge, attitudes and practices (KAP) impact on cardiac disease outcomes, with noted cultural and gender differences. In this Asian cohort, we aimed to analyse the KAP of patients towards cardiac diseases and pertinent factors that influence such behaviour, focusing on gender differences. **Materials and Methods:** A cross-sectional survey was performed among consecutive outpatients from a cardiac clinic over 2 months in 2014. **Results:** Of 1406 patients approached, 1000 (71.1%) responded (mean age 57.0 ± 12.7 years, 713 [71.3%] males). There was significant correlation between knowledge and attitude scores ($r = 0.224$, $P < 0.001$), and knowledge and practice scores ($r = 0.114$, $P < 0.001$). There was no correlation between attitude and practice scores. Multivariate predictors of higher knowledge scores included female sex, higher education, higher attitude and practice scores and prior coronary artery disease. Multivariate predictors of higher attitude scores included higher education, higher knowledge scores and non-Indian ethnicity. Multivariate predictors of higher practice scores included male sex, Indian ethnicity, older age, higher knowledge score and hypertension. Males had lower knowledge scores ($85.8 \pm 8.0\%$ vs $88.0 \pm 8.2\%$, $P < 0.001$), lower attitude scores ($91.4 \pm 9.4\%$ vs $93.2 \pm 8.3\%$, $P = 0.005$) and higher practice scores ($58.4 \pm 18.7\%$ vs $55.1 \pm 19.3\%$, $P = 0.013$) than females. **Conclusion:** In our Asian cohort, knowledge of cardiovascular health plays a significant role in influencing attitudes and practices. There exists significant gender differences in KAP. Adopting gender-specific strategies for future public health campaigns could address the above gender differences.

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