

## Health behaviors among patients with myocardial infarction in Aceh, Indonesia

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### Abstract

**Purpose:** Myocardial infarction (MI) is one of the manifestations of coronary heart disease. Previous studies support the significant contribution of health behaviors among patients with MI on morbidity and mortality in this group. This study aims to explore health behaviors among patients with myocardial infarction in Acehnese population.

**Methods:** Sixty four patients in Aceh, Indonesia were recruited to participate in this descriptive study. They were included if they met the following inclusion criteria: age > 18 years, free of severe arrhythmias and heart failure, no paralysis or mental health problems, and consent to participate in the study with either verbal or written consent. Patient's health behaviors were measured by the myocardial infarction health behavior questionnaire (MIHBQ) developed for this study with an internal consistency reliability of 0.75. The MIHBQ covers four dimensions of health behaviors in MI patients, namely taking medication, exercise, dietary modification, and stress management. Higher scores indicate better health behaviors.

**Results:** More than half of the subjects were men (n = 36, 56.2% with a mean age of 55.16 years and 1-5 years of having MI). The total health behaviors and the dimension of taking medication, exercise, dietary modification, and stress management were at high level.

**Conclusion:** Based on the findings, subjects with older age had higher risk of myocardial infarction especially in men. Health behaviors are important in patients with MI and should be maintained by the subjects in order to prevent the recurrence of MI.

**Keywords:** health behaviors; myocardial Infarction; Aceh; Indonesia

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