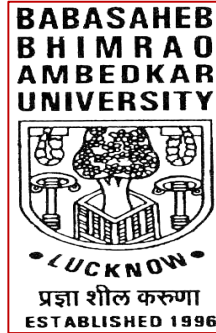


“A Retrospective study on Cardiovascular disease “at risk” in early adulthood: Measuring by KAP and their Nutritional management”



THESIS

SUBMITTED TO

**DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES
SCHOOL FOR HOME SCIENCES**

**DOCTOR OF PHILOSOPHY
IN HOME SCIENCE
(HUMAN DEVELOPMENT AND FAMILY STUDIES)**

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2016

DECLARATION

I Ms. **Bhawana Dayal** hereby, declare that the work titled “**A Retrospective study on Cardiovascular disease “at risk” in early adulthood: Measuring by KAP and their Nutritional management**” has been carried out by me under the supervision of Dr. Neetu Singh, Assistant Professor, Department of Human Development & Family Studies, School for Home Science, Babasaheb Bhimrao Ambedkar (A Central) University, Lucknow for the award of **Ph.D. Degree in Home Science**. This research work is an original work and has not been previously submitted in part or full for the award of any other degree or diploma to this or any other University. The sources used in this research work have been acknowledged properly.

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CERTIFICATE

This is to certify that the thesis titled “**A Retrospective study on Cardiovascular disease “at risk” in early adulthood: Measuring by KAP and their Nutritional management**” submitted by **Ms. Bhawana Dayal** is an original research work and has not been previously submitted in part or full for the award of any other degree or diploma to this or any other university.

The thesis submitted to Babasaheb Bhimrao Ambedkar University Lucknow satisfies all the requirements as stipulated in the *Doctor of Philosophy (Ph.D.) -1999 as amended in 2008/2010/2013* and it is fit for submission and evaluation for the award of the degree of Doctor of Philosophy of the University.

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ABBREVIATIONS

AIDS: Acquired Immune Deficiency Syndrome

AANS- American Association of Neurological Surgeons

AHA: American Heart Association

BACPR- British Association of Cardiovascular Prevention and Rehabilitation

BHF- British Heart Foundation

BP: Blood Pressure

BMI: Body Mass Index

CDF: Cardiovascular Disease Foundation

CDC: Centre for Disease Control and Prevention

CAD: Coronary Artery Disease

COBRA: Combination therapy in Rheumatoid Arthritis

CI: Confidence Interval

CHF: Congestive Heart Failure

CHD- Congenital Heart Disease

CVD: Cardiovascular Disease

CHDKQ: Comprehensive Heart Disease Knowledge Questionnaire

CRIP: Coronary Risk Individual Perception

DVT- Deep Vein Thrombosis

DM: Diabetes Mellitus

FRS: Framingham Risk Score

FBS: Fasting blood sugar

HHD- Hypertensive Heart disease

HHE: Home Health Education

HDFQ: Herat Disease Frequency Questionnaire

HDL: High Density Lipoprotein

HIV: Human Immunodeficiency Virus

HSF- Heart and Stroke Foundation

HTN: Hypertension

HC: Hip Circumference

IDDM: Insulin Dependent Diabetes Mellitus

IHD- Ischemic Heart Disease

IDF: International Diabetes Federation

KAP – Knowledge, Attitude and Practice

LDL: Low Density Lipoprotein

MMAS: Morisky Medication Adherence Scale

MARS: Medication Adherence Report Scale

MI: Myocardial Infarction

NCD: Non – Communicable Diseases

NCMH- National commission on macroeconomics and Health

NHS- National Health Survey

NHLBI- National Heart Lung and Blood Institute

NIDDM: Non -Insulin Dependent Diabetes Mellitus

PE- Pulmonary Embolism

PAD- Peripheral Artery Disease

PILS: Patient Information Leaflets

PLWH: Person living with HIV

PRHDS: Perception of Risk of Heart Disease Scale

QOL: Quality of Life

RHD: Rheumatic Heart Disease

RFs: Risk Factors

SBP- Systolic blood pressure

SD- Standard Deviation

SES: Socio Economic Status

SCD: Sudden Cardiac Death

TGL: Triglycerides

TGP: Trained General Practitioner

TC: Total Cholesterol

THI: Texas Heart Institute

TIA- Transient Ischemic Attack

TOHP: Trial of Hypertension Prevention

VLDL: Very Low density Lipoprotein

VAS: Visual Analogue Scale

WHR- World Health Report

WHF- World Heart Federation

WC: Waist Circumference

WHO: World Health Organization

WHR: Waist to Hip Ratio