

## Sigma's 30th International Nursing Research Congress

### Knowledge, Attitude, and Practice Toward Metabolic Syndrome Prevention Among Buddhist Monks in Nan Province, Thailand

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#### Introduction:

Metabolic syndrome (MetS) is a seriously cluster of risk factors associated with increased morbidity and mortality, including cardiovascular diseases and type-2 diabetes. Prevalence of MetS increases continuously every year. MetS is diagnosed when at least three of five following criteria are met, i.e. central obesity, high blood pressure, high blood sugar, high serum triglycerides, and low serum high-density lipoprotein (HDL). In Thailand, MetS is one of the major health concerns, especially among Buddhist monks. Although there is no report of the prevalence of MetS among monks, each component of MetS were frequently reported in monks.

#### Purpose:

The objectives of this cross-sectional descriptive research were to describe level of knowledge, attitude, and practice towards metabolic syndrome prevention among Buddhist Monks, along with to examine the relationships among these three variables.

#### Methods:

Bloom's taxonomy was used as a conceptual framework for this study. Subjects were 193 Buddhist monks who living in Nan province. Four research instruments were used for collecting data, including 1) demographic questionnaire, 2) knowledge towards prevention of metabolic syndrome questionnaire, 3) attitude towards prevention of metabolic syndrome questionnaire, and 4) practice towards prevention of metabolic syndrome questionnaire. Data were analyzed by using descriptive statistics, and Pearson product moment correlation.

#### Results:

Results revealed that monks had good level of knowledge (MEAN 5.21,  $SD = 1.71$ ) and attitude (MEAN 31.03,  $SD = 4.38$ ) related to metabolic syndrome. However, practice towards metabolic syndrome prevention among Buddhist Monks were at moderate level (MEAN 64.17,  $SD = 7.33$ ). According to the relationships, knowledge had positive correlation with attitude ( $r=.74, p < .01$ ) and practice ( $r=.69, p < .01$ ). In addition, attitude had statistically significant positive relationship with practice towards metabolic syndrome prevention ( $r=.89, p < .01$ ).

## Conclusion:

Monks' knowledge, attitudes, and practice play important role in preventing and managing metabolic syndrome. In this study, this belief is confirmed by a strong positive relationship between these three factor. Although, monks have good level of knowledge and attitude towards metabolic prevention, monks do not perform health behavior in preventing and managing MetS. The training program, especially the one focusing on improving health behavior is needed. Thus, all stakeholder, including monks, health care provider, Buddhists, local governor, policy makers should work collaboratively to support health behavior among monks. When health behavior toward MetS prevention among monks are improving, monks might be able to live well with illness.

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## Title:

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## Keywords:

Buddhist monks, Metabolic syndrome and Prevention

## References:

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## Abstract Summary:

Buddhist monks are at risk for having Metabolic syndrome (MetS). This research study aimed to describe knowledge, attitude, and practice towards prevention of metabolic syndrome among Buddhist monks in Nan province, Thailand.

## Content Outline:

### I. Introduction

- A. Situation of Metabolic syndrome in world-wide
- B. Meaning of Metabolic syndrome
- C. Situation of Metabolic syndrome among Buddhist monks in Thailand

### II. Body

- A. Objectives of this research study
- B. Conceptual framework
- C. Participants
- D. Instruments
- E. Analysis and Evaluation of the project

### III. Conclusion

- A. Important of results
- B. Recommendation for future study

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