

Predicting factor affecting stress among stroke survivors in Terengganu

Che Ku Hitam Che Ku Noor Haniza, Seman Noraini, Abdullah Aimie Farhana, Sidek Norsima Nazifah, Abdul Aziz Zariah

Clinical Research Centre, Sultanah Nur Zahirah Hospital

ABSTRACT

Introduction: Post-stroke stress (PSS) is one of the most prominent mental health problems observed among stroke survivors. Mental health disorders have an equal or greater impact on the severity of impairment and decline in quality of life among stroke survivors. The purpose of this study was to examine the prevalence and factors influencing stress among stroke survivors in Terengganu. **Methods:** This was a cross-sectional survey study using the Stress Scale from the Depression, Anxiety and Stress Scale (DASS 21) questionnaire. It was conducted within a period of 07 July to 22 August 2022, involving ischemic stroke survivors who were under follow-up at Neurology Clinic Hospital Sultanah Nur Zahirah. Data regarding stroke Oxfordshire Community Stroke Project (OCSP) location, duration, risk factors, and functional disability were obtained from the National Stroke registry case report form. The data were analysed by using SPSS 26. **Results:** There were 123 stroke patients aged 25 to 75 years with a mean (SD) stress score was 15.3 (2.96). There were 37.4% of patients had extremely severe stress and 43.9% of them reported to be severe stress. Based on multiple linear regression analysis, there was a positive moderate relationship ($r=0.467$, $p<0.001$) between stroke OCSP and location, risk factors, and functional disability factor which contributed as much as 21.8% to stress. **Conclusion:** There was a high prevalence of severe stress in Terengganu with stroke OCSP, location, duration, risk factors, and functional disability were identified to be the contributing factors.