

# **Report for Quality Health (Improving Quality and Accessibility of Health Care and Social services Centers in Cross- Border Regions - QUALITY HEALTH (CN1 - S.O 1.2 - SC 001)**

The views expressed in this publication do not necessarily reflect the views of the European Union, the participating countries and the Managing Authority.

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## 1. EXECUTIVE SUMMARY

The report provides information on results of the stroke risk study that was conducted in Southwest region in N. Macedonia. The goal of the survey is to detect different levels of risk for stroke in the next 10 years among population in Southwest region. The data were collected by members of the organization “Mozocen Udar Ohrid“ through face to face, online and telephone interviews in the period of March 2019 to April 2021. There were 576 respondents in total for the main survey and 576 respondents in follow up survey (only two questions on factors and symptoms for stroke). There are 46% males and 54 females in the sample. Regarding age, 48% of the respondents are up to 49 years, while 52 % are over 50 years of age. 63 % of the respondents live in urban areas compared to 37% who live in rural areas. The core team consisted of the following members: Ljupcho Efremov, PhD (Principal Investigator), Maja Bozinovska, MD (President of organization Mozocen Udar Ohrid), Olivera Blazevska (Mathematician/Data production), Ana Todoroska, MD (lecture and data collection), Jovanka Sion Dolenc, MD (lecture and data collection) and Anita Geroska MD (lecture and data collection).

The text below points out some of the most important findings of the study regarding stroke risk in the next 10 years:

- More than half of the respondents (57%) are in low risk group, while one third (32%) of them had moderate stroke risk. 9% of the respondents have high risk and only 1 % of them have very high stroke risk.
- 18% of respondents over 50 years have high risk and 14 % of respondents in rural areas have high stroke risk.
- 2 % of males, respondents in rural areas and respondents aged over 50 years have very high stroke risk.

The results on information about stroke show that:

- When asked about stroke risk factors respondents mostly name hypertension (38%) as stroke risk factor, followed by smoking (17%), stress (15%) and lipids (13%). 44% of didn't mention any stroke factor.
  - Follow up results on the same question show that respondents mostly name hypertension (42%), smoking (19%), stress (17%), lipids (14%) and nutrition (14%). Follow up results show that there are less people (32%) who didn't mention any stroke factor compared to baseline results.
  - Baseline results on recognizing stroke shows that less than half of the respondents (46%) don't know how to recognize stroke. Those who mentioned any sign/symptom, mentioned paralysis on part of the body (29%), speech problems (22%) and face paralysis (14%).
  - The follow up results on recognizing stroke show that there are fewer respondents (35%) who didn't mention any sign/symptom. This shows evident increase in knowledge e.g. there are more respondents who know at least any sign/symptom. Those who mentioned any sign/symptom, mentioned paralysis on part of the body (36%), speech problems (29%) and face paralysis (20%) and walking problems (14%).
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- Main source of information for stroke is internet mentioned by 42% of the respondents. After internet, respondents mentioned TV (37%), doctors (28%), books (8%) and radio (5%). There are 18% of respondents who didn't provide answer on source of information for stroke.

The analysis on specific questions for risk factor provided the following results:

- Waist size answers shows that there are 40% of respondents with waist size up to 87cm. One third of the respondents (35%) have waist size from 88 to 100 cm and one quarter (25%) are over 100 cm.
- Half of the respondents (50%) have below 4.1 mmol/L cholesterol, while one third (31%) are in the range from 4.1 to 5.19 mmol/L cholesterol. Only 2 % of respondents have level of cholesterol above 7.2 mmol/L.
- Two thirds of the respondents (67%) have below 1.7 mmol/L, while one third (33%) have above 1.7 mmol/L.
- The results on systolic blood pressure show that one third (33%) of the respondents have systolic blood pressure below 120 mmHg. More than one quarter (27%) of the respondents have systolic blood pressure 120-129 mmHg, while 8 % of the respondents have systolic blood pressure over 160 mmHg.
- More than half of the respondents (61%) declared that they have never smoked.
- 56% of the respondents answered that they abstain, while one quarter of the respondents (25%) stated that they have 1-6drinks per week.
- One fifth of the respondents (20%) stated that they were inactive in last week.
- 3% of the respondents stated that they are always critical of others and 21 % are often critical of others.
- 4% of the respondents stated that they always cry easily and 13 % often cry easily.
- 3% of the respondents stated that they are always fearful and 14 % are often fearful.
- According to respondents that 17% of the respondents had diabetes.
- 9 % of the respondents stated that they had renal disease.
- 15 % of the respondents had congestive heart failure.
- 7 % of the respondents said they had peripheral arterial disease.
- 42 % of the respondents said they had hypertension.
- 9 % of the respondents said they had ischemic heart disease.
- 15 % of the respondents had atrial fibrillation.
- 5% of the respondents stated that they had stroke.
- Almost one quarter of the respondents (24%) stated that a person from their family had stroke.
- More than a half of the respondents (52%) stated that they take prescriptions.

## 2. INTRODUCTION

### 2.1. Objectives

The association for fight against stroke “Mozocen Udar” from Ohrid has a mission to create awareness for stroke and educate the population about stroke for prevention. In line with that, the following objectives of the study were identified:

- Awareness and familiarly with stroke risk factors among population 18+ in Southwest region
- Evaluation of 10 year stroke risk among population 18+ in Southwest region
- Prevalence of stroke and associated risk factors among population 18+ in Southwest region

## 3. METHODOLOGY

### 3.1. Objectives of the survey

The objective of the survey is to detect different levels of risk for stroke in the next 10 years among population in Southwest region.

### 3.2. Activities for the survey

As part of survey the following activities were undertaken: 1) Questionnaire design and translation, 2) Sample design in target municipalities, 3) Data Collection, 4) Data entry and analysis, and 5) Reporting.

#### 1. Questionnaire Design

When designing the survey questionnaire, members of the team took into consideration the overall objectives of the project and specified purpose. The survey questionnaire was designed, and a final version was prepared after literature review. After finalization, the questionnaire was translated into Macedonian and English language.

#### 2. Sample Design

For this survey, purposive sample was used. Representative of the association for fight against stroke made a plan for organization of lectures in different municipalities in Southwest region. The total sample included 576 respondents.

#### 3. Data Collection

The core team of the association engaged a team of two doctors, two medical nurses and a driver in order to collect all the necessary data. Different events were organized with lectures where the core team administered questionnaires to participants. After the start of pandemic, the team started collecting data via telephone and online questionnaires. Face to face interviews were conducted in the period of March 2019 to March 2020, while telephone and online interviews were collected in the period of March 2020 to April 2021. After the collection of main field, the

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association organized telephone follow up survey with the same 576 respondents.

#### 4. Data entry and analysis

Members of the team prepared template for the data entry of answers from the respondents. All the collected questionnaires were manually entered into SPSS database, and the logical check was carried out. Once entered into SPSS necessary statistical data analyses were performed, including cross-tabulations by gender, area and age group.

#### 5. Reporting

Members of the team prepared survey report to include an executive summary of key findings, description of the methodology, as well as an in-depth analysis of the survey results.

### **3.3. Model for calculation of stroke risk for the next 10 years**

Having in mind the overall goal of the project, the project team calculated possibility for risk stroke in the next 10 years. The model is taken from Nobel et al. (Nobel, L., Mayo, N. E., Hanley, J., Nadeau, L., & Daskalopoulou, S. S. (2014). MyRisk\_Stroke calculator: a personalized stroke risk assessment tool for the general population. *Journal of clinical neurology (Seoul, Korea)*, 10(1), 1.). Based on the results, the respondents were categorized in four groups: low risk, moderate risk, high risk and very high risk for stroke. The model and calculations are shown below:

1. How old are you? For each year above the age of 20 you get 1 point (i.e., someone who is 45 would get  $25 \times 1 = 25$  points).
2. What is your gender? If you are male you get 3 points.
3. What is the highest level of education you have completed? If you have some education without a diploma for secondary school you get 4 points. If you have a secondary diploma or college education, you get 3 points. If you have a university degree you get 0 points.
4. Have you ever been diagnosed with any type of renal or kidney disease? If yes you get 8 points, if no you get 0 points.
5. Have you ever been diagnosed with diabetes? If yes you get 7 points, if no you get 0 points.
6. Have you ever been diagnosed with congestive heart failure? If yes you get 5 points, if no you get 0 points.
7. Have you ever been diagnosed with peripheral arterial disease? If yes you get 2 points, if no you get 0 points.
8. Have you ever been diagnosed with or received medication for high blood pressure? If yes you get 2 points, if no you get 0 points.
9. Have you ever been diagnosed with ischemic heart disease (e.g., a heart attack, myocardial

infarction, or angina)? If yes you get 1 point, if no you get 0 points.

10. Which of the following best characterizes your smoking status? If you currently smoke you get 8 points. If you smoked in the past you get 5 points. If you have never smoked you get 0 points.

11. Which of the following best characterizes your level of alcohol consumption? If you are a former drinker you get 5 points. If you drink more than 7 alcoholic beverages per week you get 3 points. If you have never had any alcohol you get 2 points. If you drink 1-6 drinks per week you get 0 points.

12. Which of the following best characterizes your current level of physical activity (where being physically active is defined as being active for at least 30 minutes)? If you have not been active this week you get 2 points. If you have only been active 1 or 2 times this week you get 1 point. If you have been active 3 or more times this week you get 0 points.

13. How often do you feel critical of others? If you answered often or always you get 4 points. If you answered sometimes or rarely you get 0 points.

14. How often do you cry easily? If you answered often or always you get 4 points. If you answered sometimes or rarely you get 0 points.

15. How often do you feel fearful? If you answered often or always you get 3 points. If you answered sometimes or rarely you get 0 points.

The results on each question are summed up and the following categorization is used to classify the respondents:

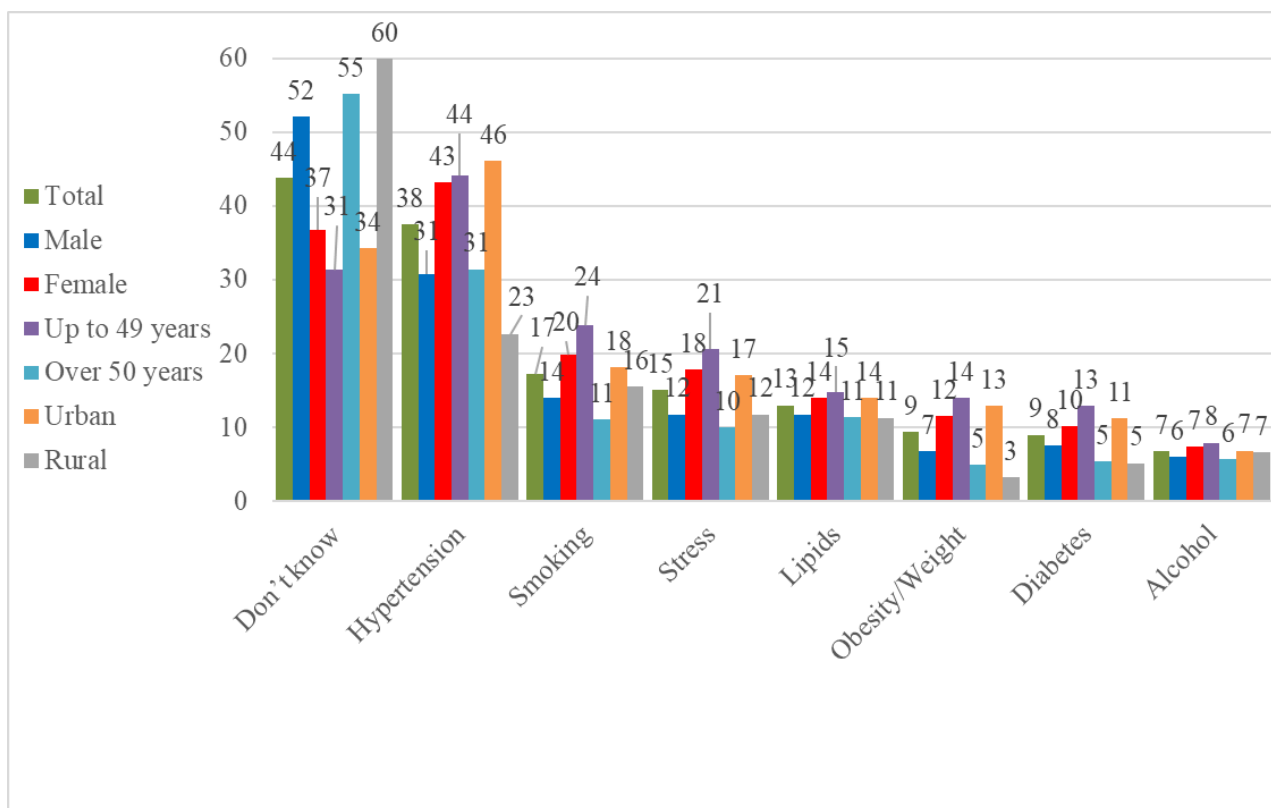
- Up to 50 points – low stroke risk
- 51 to 74 points - moderate stroke risk
- 75 to 90 points – high stroke risk and
- Over 91points – very high stroke risk.

## 4. RESULTS OF THE ANALYSIS

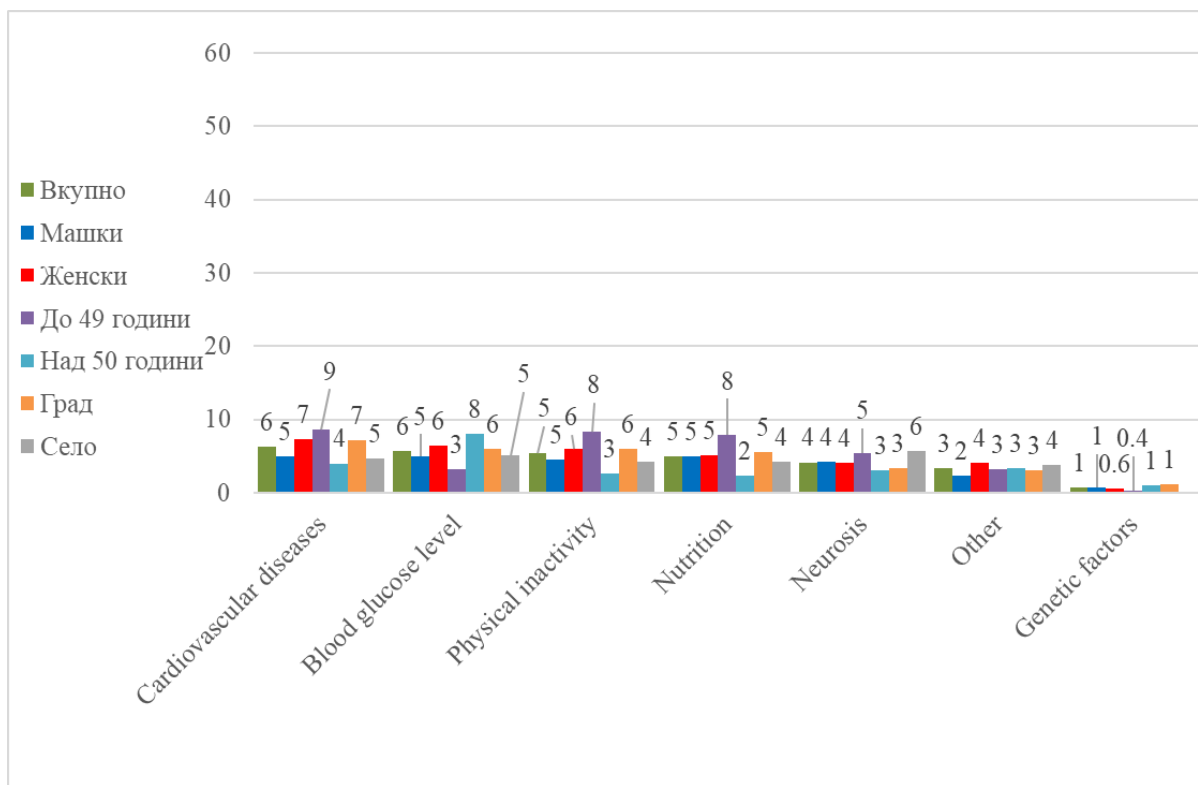
What follows are results of the survey for each question on total, gender, age and area. At the end of the section, demographic data were provided.

### 4.1. Stroke Research - Part 1

Graph 1a. Q 5 Are you familiar with factors for stroke? If yes, please name those you know?  
Continues



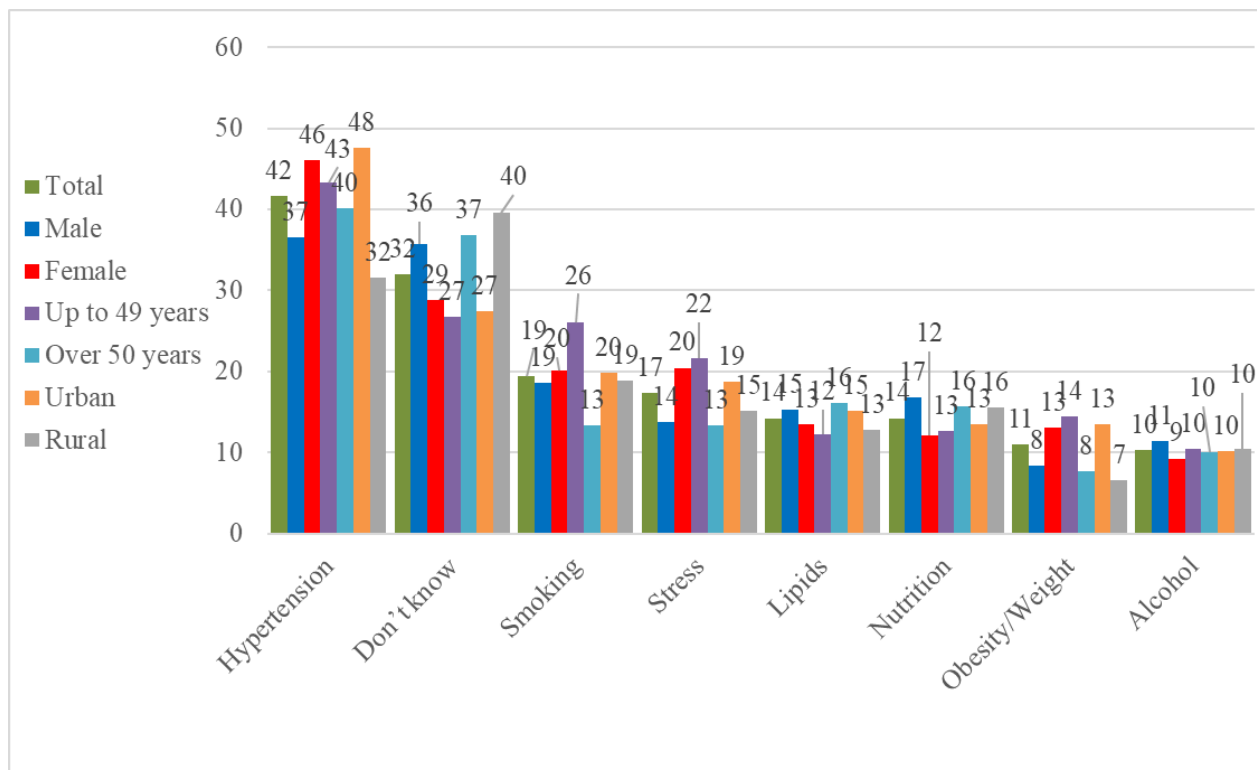
Graph 1b. Q 5 Are you familiar with factors for stroke? If yes, please name those you know?



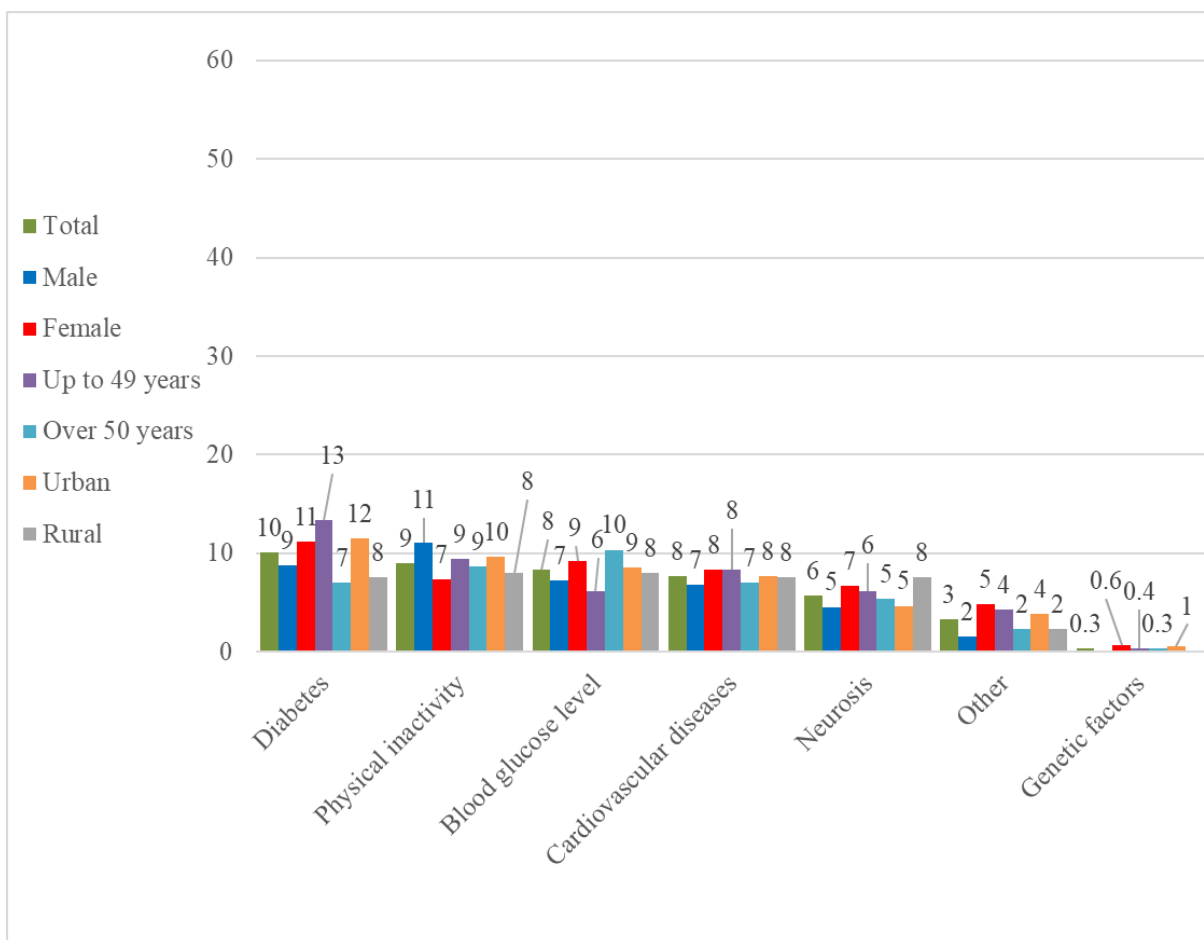
The results show that respondents mostly name hypertension (38%) as stroke risk factor, followed by smoking (17%), stress (15%) and lipids (13%). Worth noting is that 44% of the respondents didn't mention any stroke factor.

The next graph represents results on the same question from the follow up survey.

Graph 2a. Q 5x Are you familiar with factors for stroke? If yes, please name those you know?  
Continues

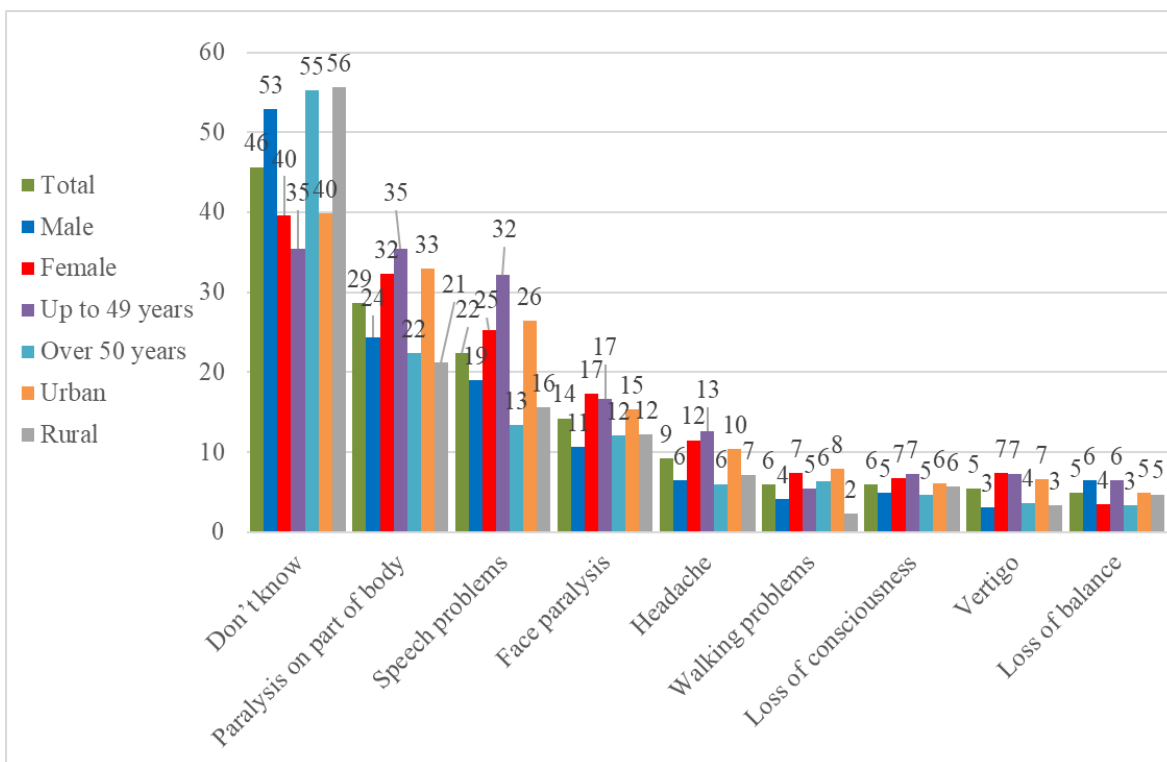


Graph 2b. Q 5x Are you familiar with factors for stroke? If yes, please name those you know?

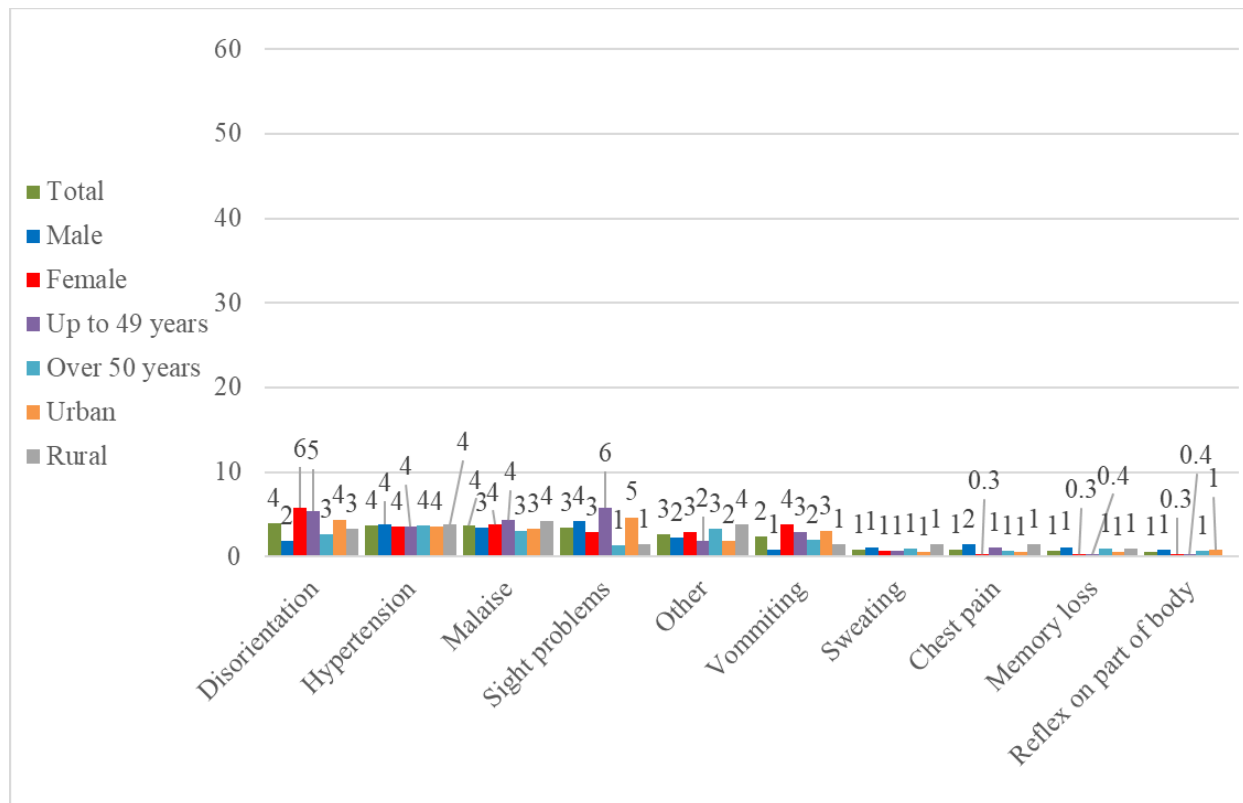


The analyses on follow up results show similar results. Respondents mostly name hypertension (42%), smoking (19%), stress (17%), lipids (14%) and nutrition (14%). It is important to mention that there are less people (32%) who didn't mention any stroke factor.

Graph 3a. Q6 Do you know how to recognize stroke? If yes, according to which signs/symptoms? Continues



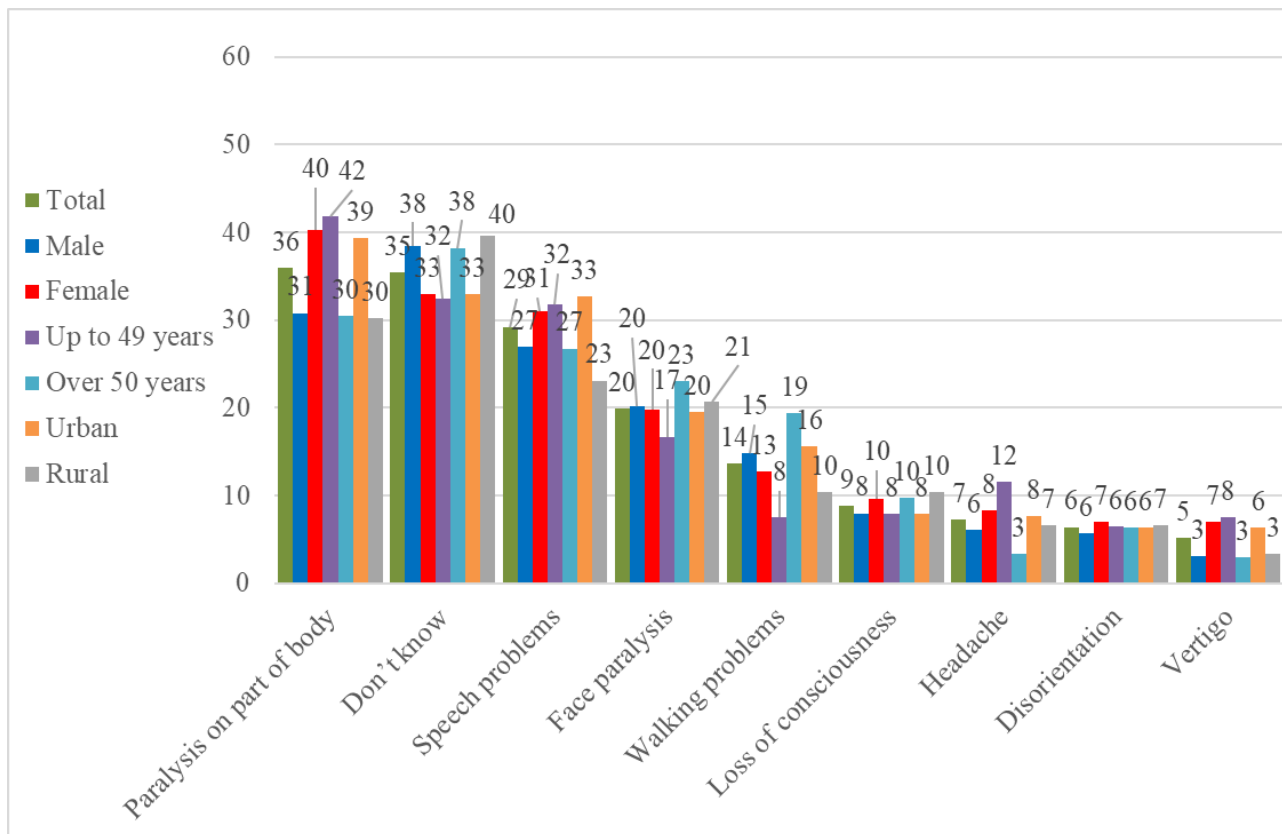
Graph 3b. Q6 Do you know how to recognize stroke? If yes, according to which signs/symptoms?



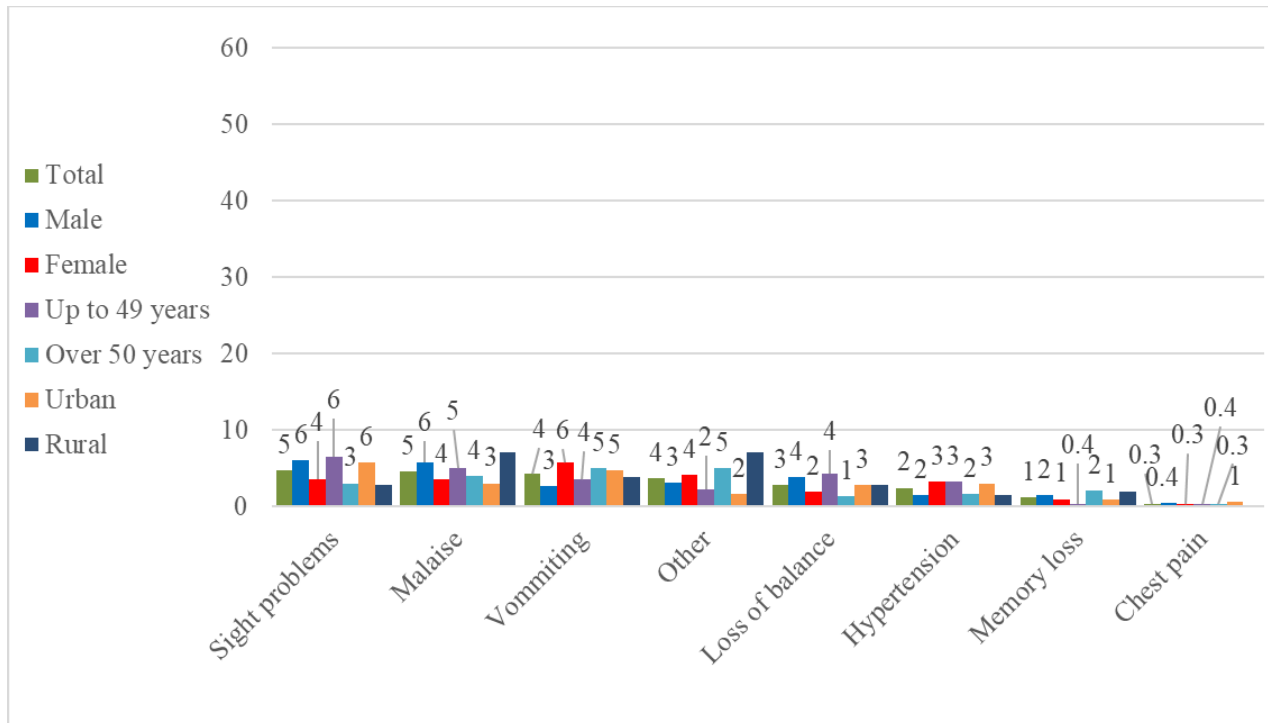
The graph shows that less than half of the respondents (46%) don't know how to recognize stroke. Those who mentioned any sign/symptom, mentioned paralysis on part of the body (29%), speech problems (22%) and face paralysis (14%).

The next graph represents results on the same question from the follow up survey.

Graph 4a. Q6x Do you know how to recognize stroke? If yes, according to which signs/symptoms? Continues

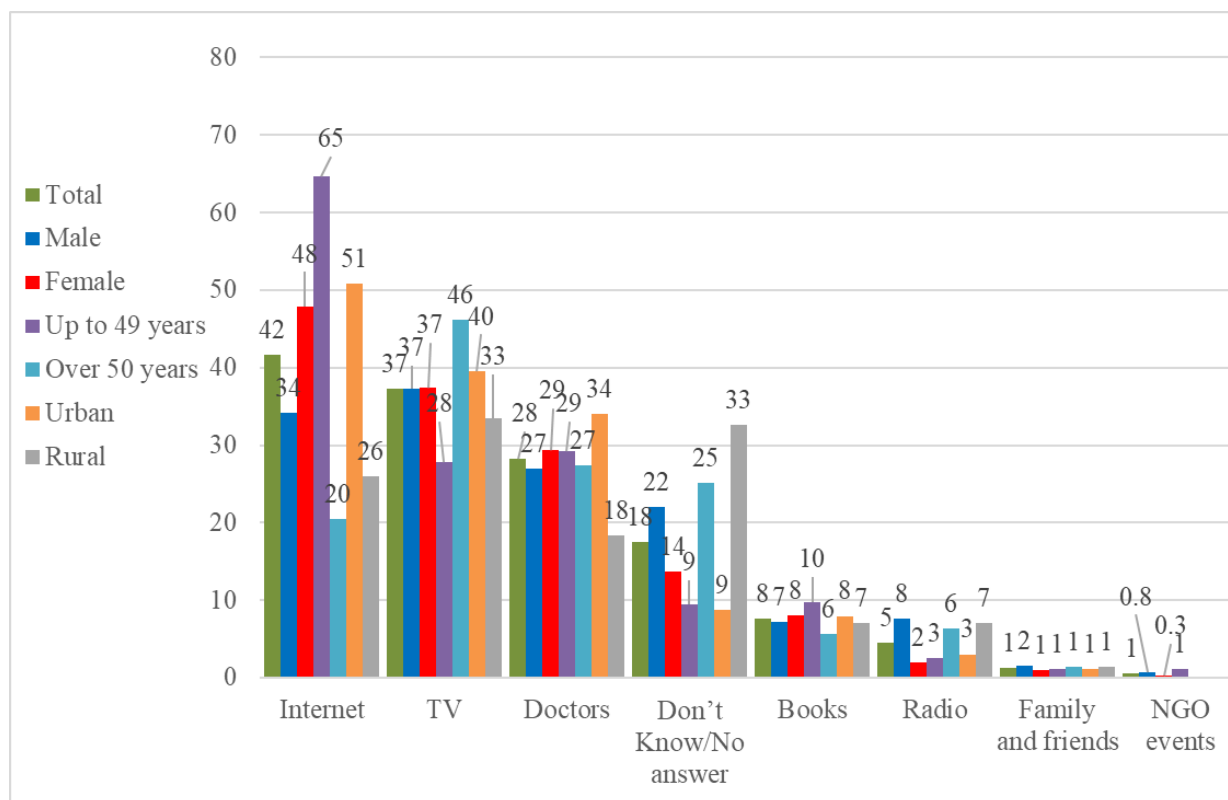


Graph 4b. Q6x Do you know how to recognize stroke? If yes, according to which signs/symptoms?



The follow up results on the same question show that there are fewer respondents (35%) who didn't mention any sign/symptom. This shows evident increase in knowledge e.g. there are more respondents who know at least any sign/symptom. Those who mentioned any sign/symptom, mentioned paralysis on part of the body (36%), speech problems (29%) and face paralysis (20%) and walking problems (14%).

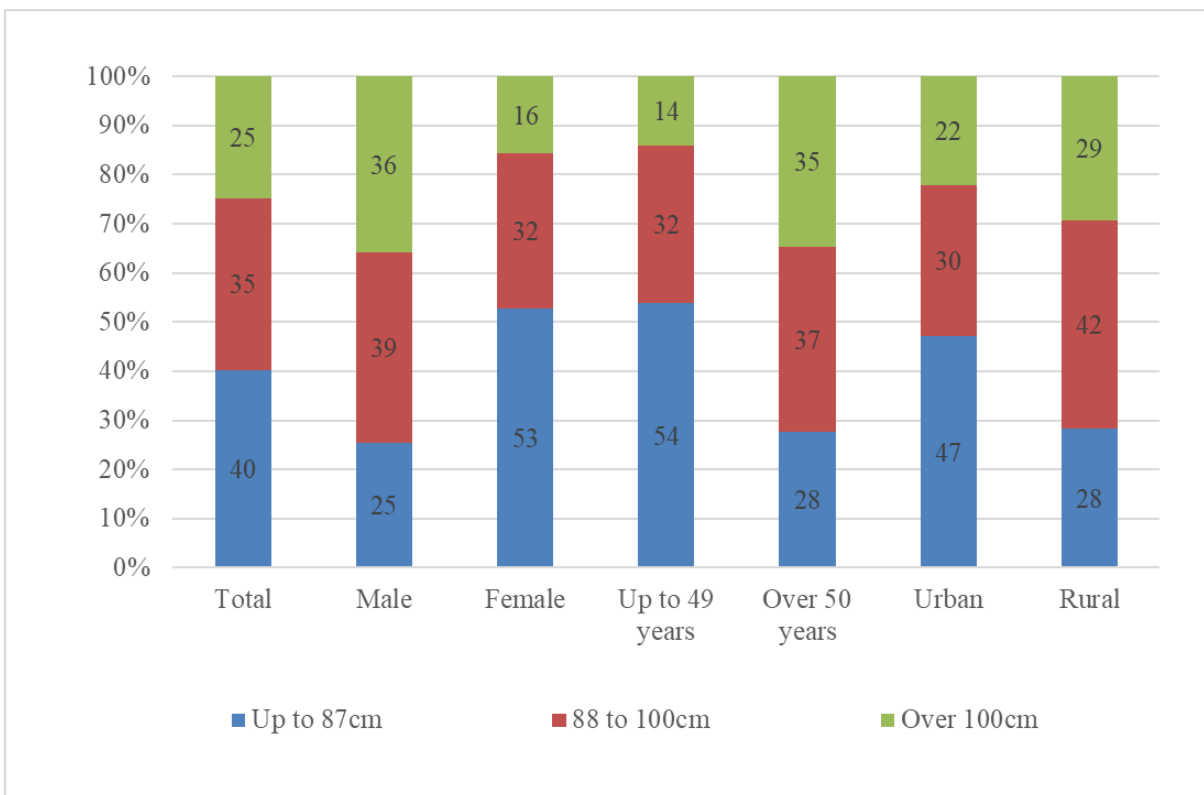
Graph 5. Q7 How do you inform for stroke?



Main source of information for stroke is internet mentioned by 42% of the respondents. After internet, respondents mentioned TV (37%), doctors (28%), books (8%) and radio (5%). There are 18% of respondents who didn't provide answer on source of information for stroke.

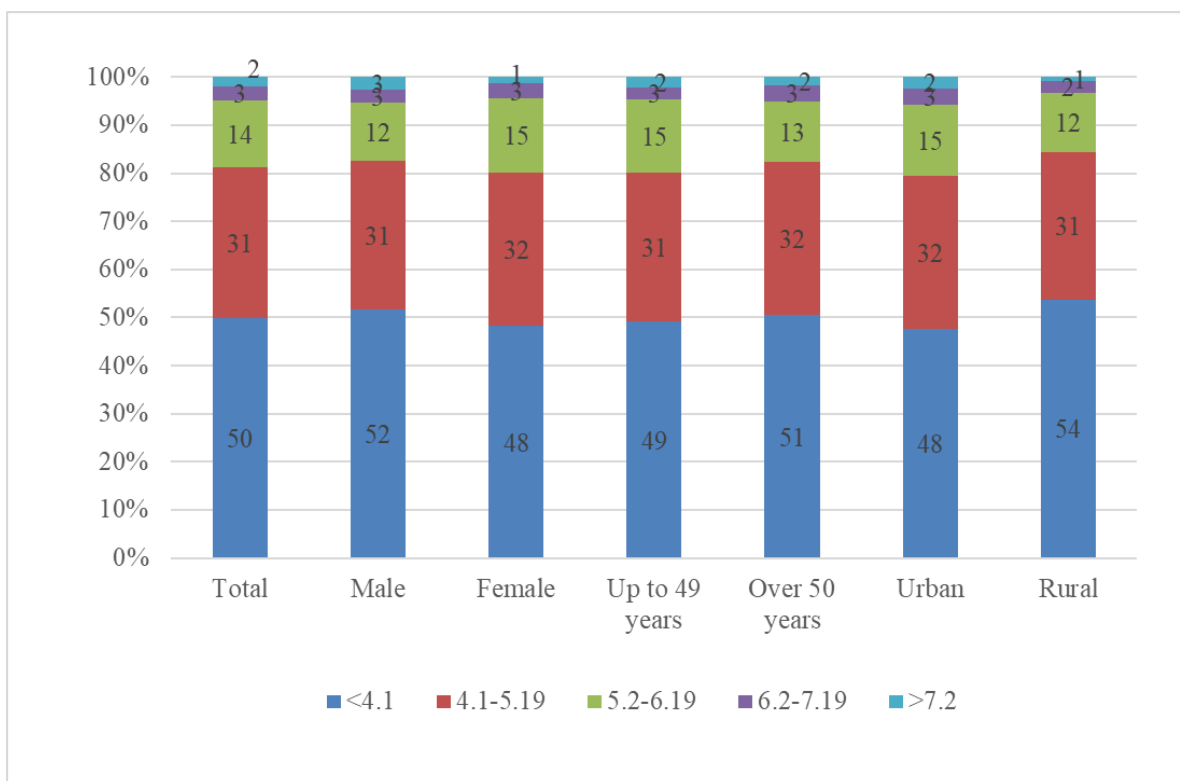
**4.2. Stroke Factors Research – Part 2**

Graph 6. M1 Waist size – in cm



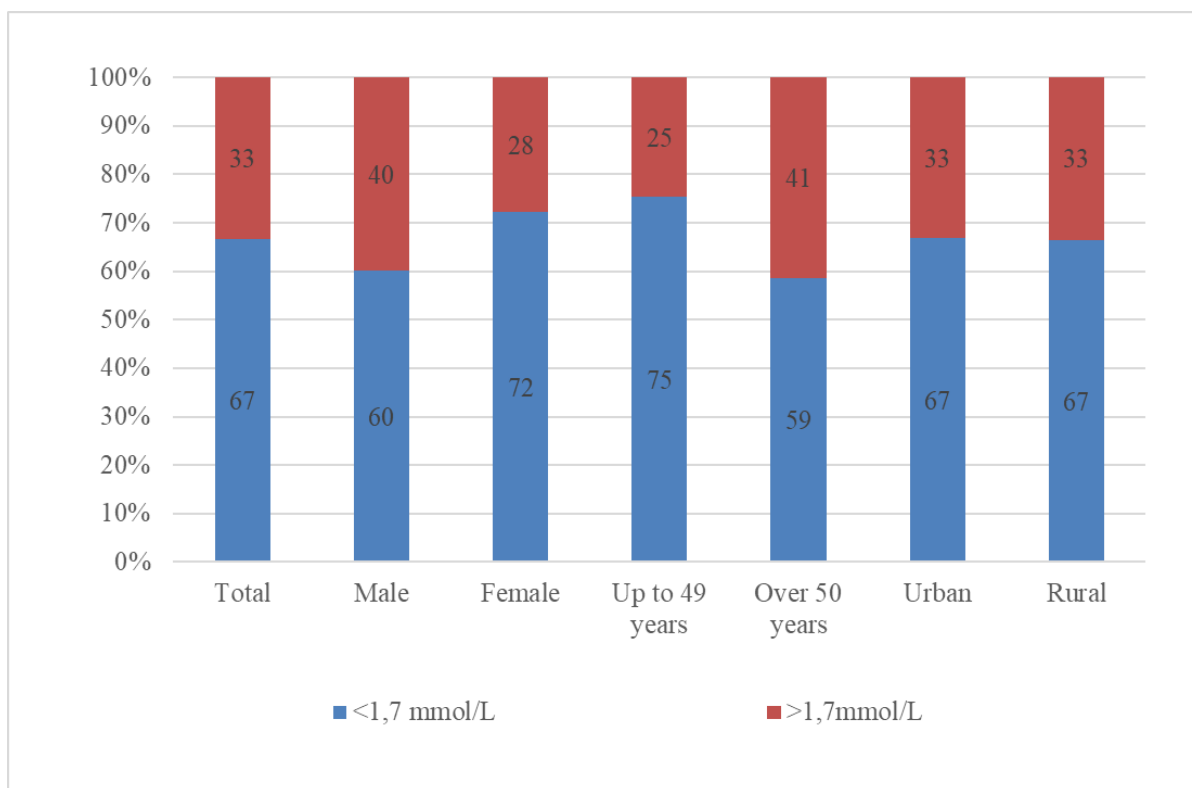
The analysis on waist size shows that there are 40% of respondents with waist size up to 87cm. One third of the respondents (35%) have waist size from 88 to 100 cm and one quarter (25%) are over 100 cm. One third of male respondents (36%) and respondents over 50 years (35%) have waist size over 100 cm.

Graph 7. M2 Level of cholesterol mmol/L



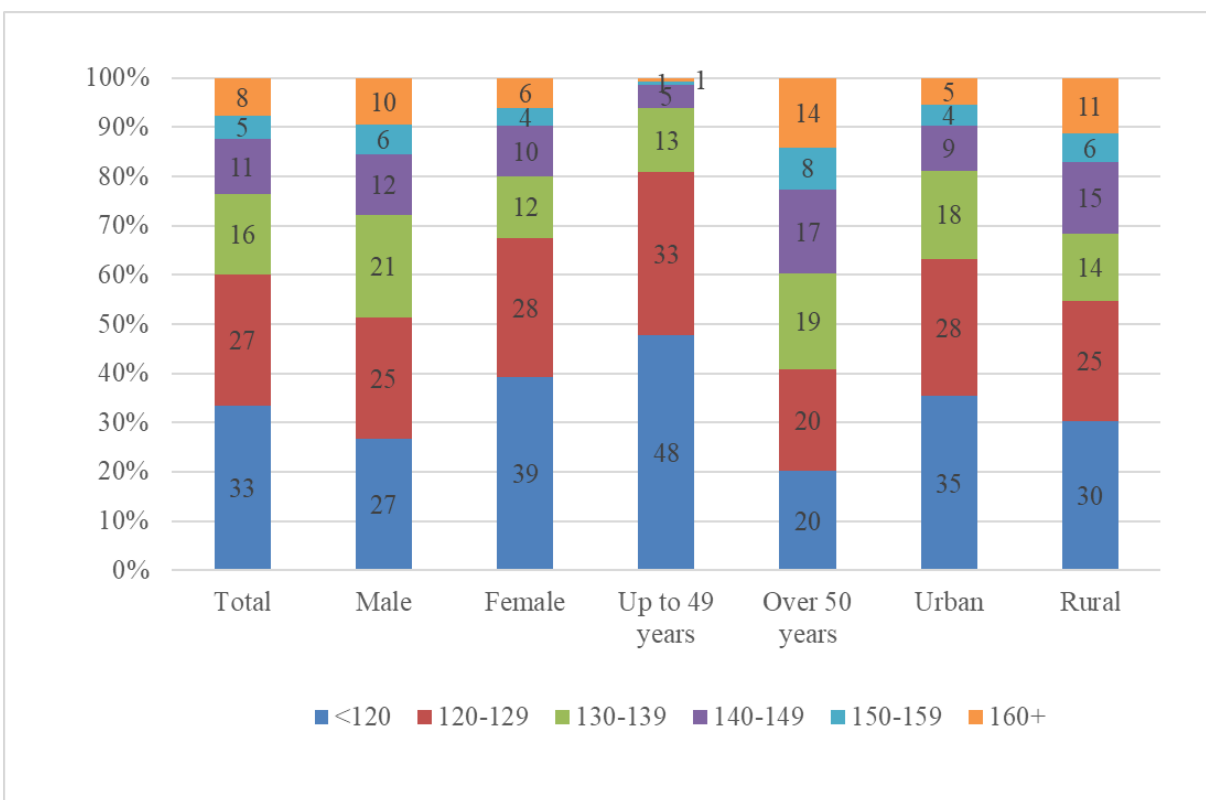
Half of the respondents (50%) have below 4.1 mmol/L cholesterol, while one third (31%) are in the range from 4.1 to 5.19 mmol/L cholesterol. Only 2 % of respondents have level of cholesterol above 7.2 mmol/L. 3% of male respondents and 2 % of respondents in urban areas have above 7.2 mmol/L cholesterol.

Graph 8. M3 Level of triglycerides



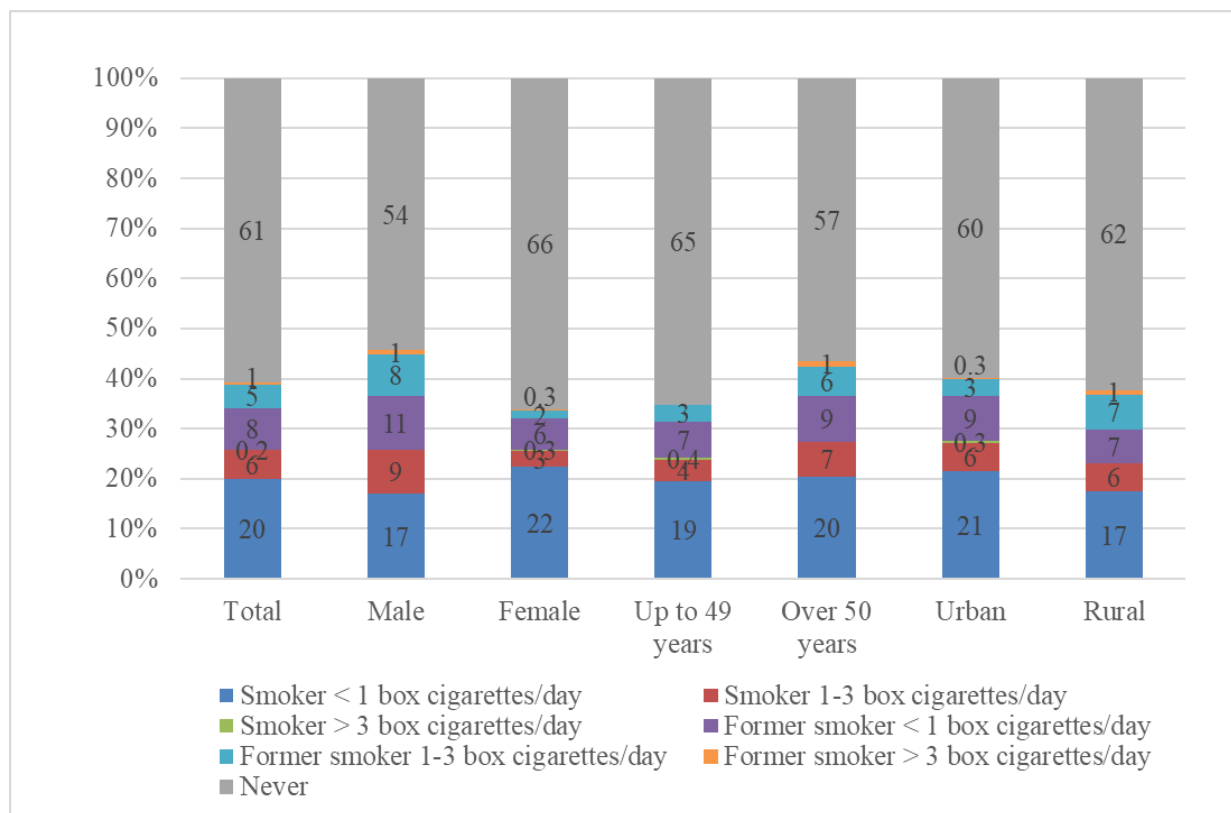
Two thirds of the respondents (67%) have below 1.7 mmol/L, while one third (33%) have above 1.7 mmol/L. 41 % of respondents over 50 years and 40 % of male respondents have above 1.7 mmol/L.

Graph 9. M4 Systolic blood pressure mmHg



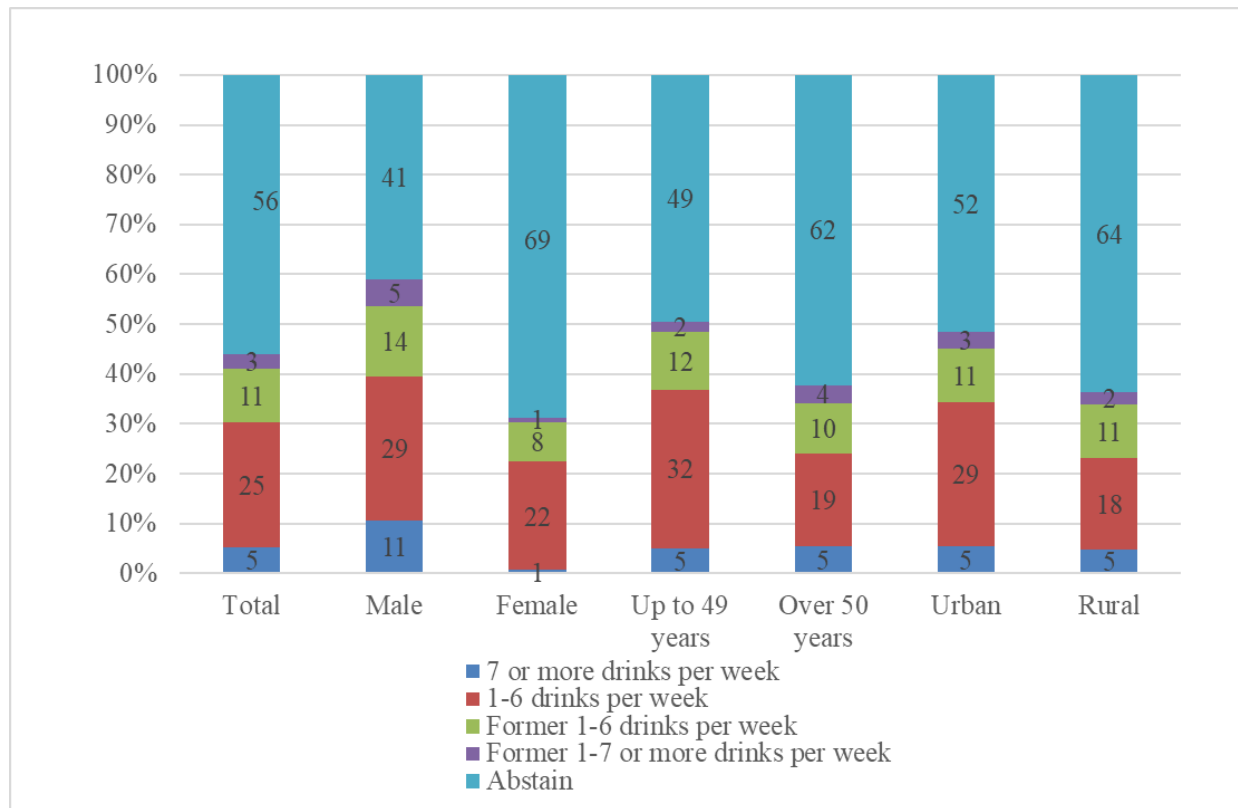
The results on systolic blood pressure show that one third (33%) of the respondents have systolic blood pressure below 120 mmHg. More than one quarter (27%) of the respondents have systolic blood pressure 120-129 mmHg, while 8 % of the respondents have systolic blood pressure over 160 mmHg. 14 % of the respondents over 50 years and 11 % of the respondents living in rural area have systolic blood pressure above 160 mmHg.

Graph 10. M5 Smoking status?



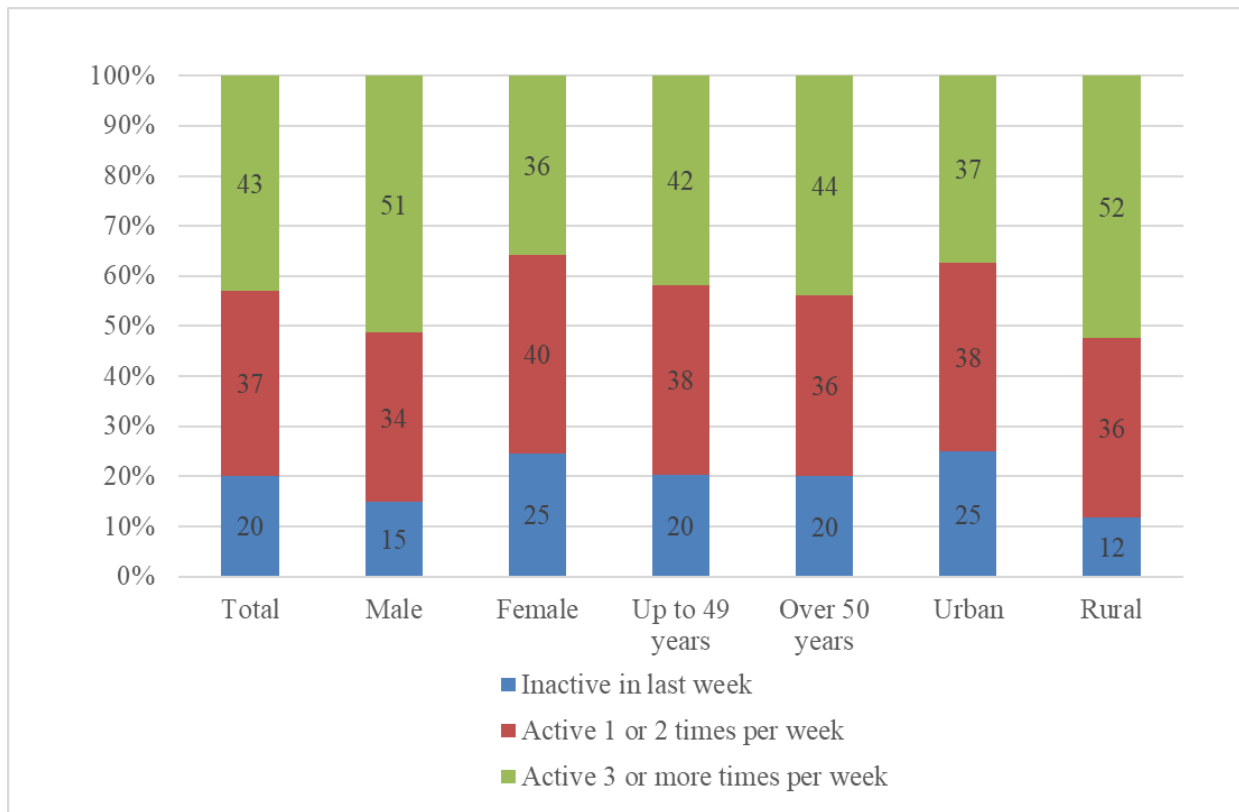
More than half of the respondents (61%) declared that they have never smoked. The number of non smokers is lowest among males (54%) and 57% respondents over 50 years of age.

Graph 11. M6 Alcohol consumption?



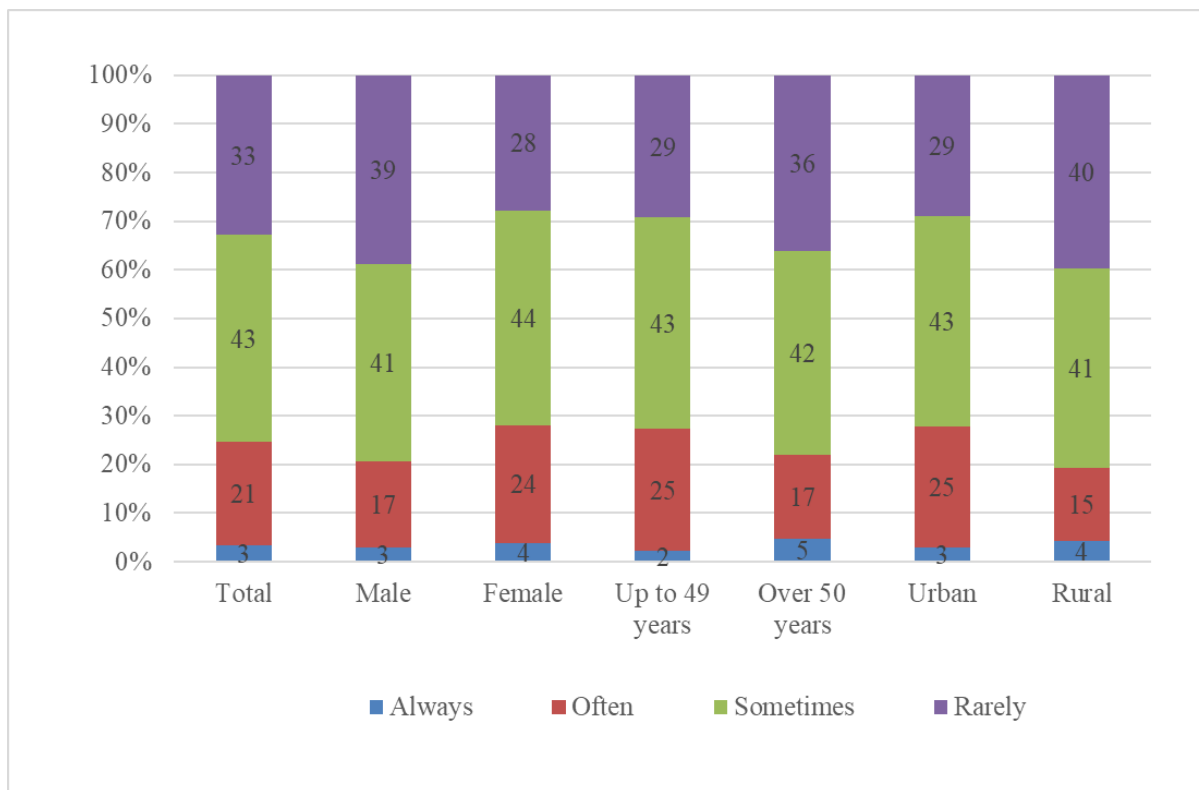
56% of the respondents answered that they abstain, while one quarter of the respondents (25%) stated that they have 1-6drinks per week. Highest percentage of respondents who have 1-6 drinks per week are found respondents aged up to 49 years (32%), males (29%) and respondents living in urban areas (29%).

Graph 12. M7 Level of physical activity (minimum 30 minutes?)



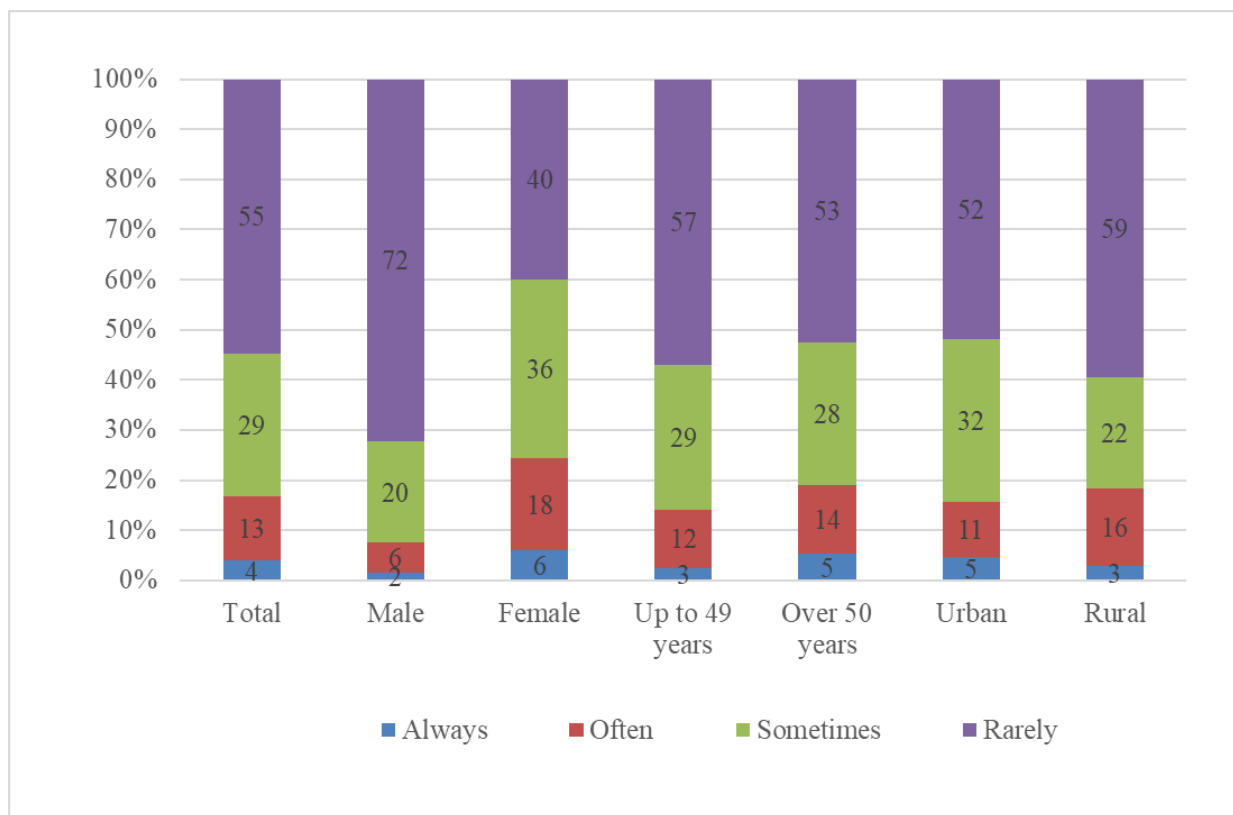
One fifth of the respondents (20%) stated that they were inactive in last week. Highest percentage of respondents who declared that they were inactive are among females (25%) and respondents in urban areas (25%).

Graph 13. M8 Critical of others?



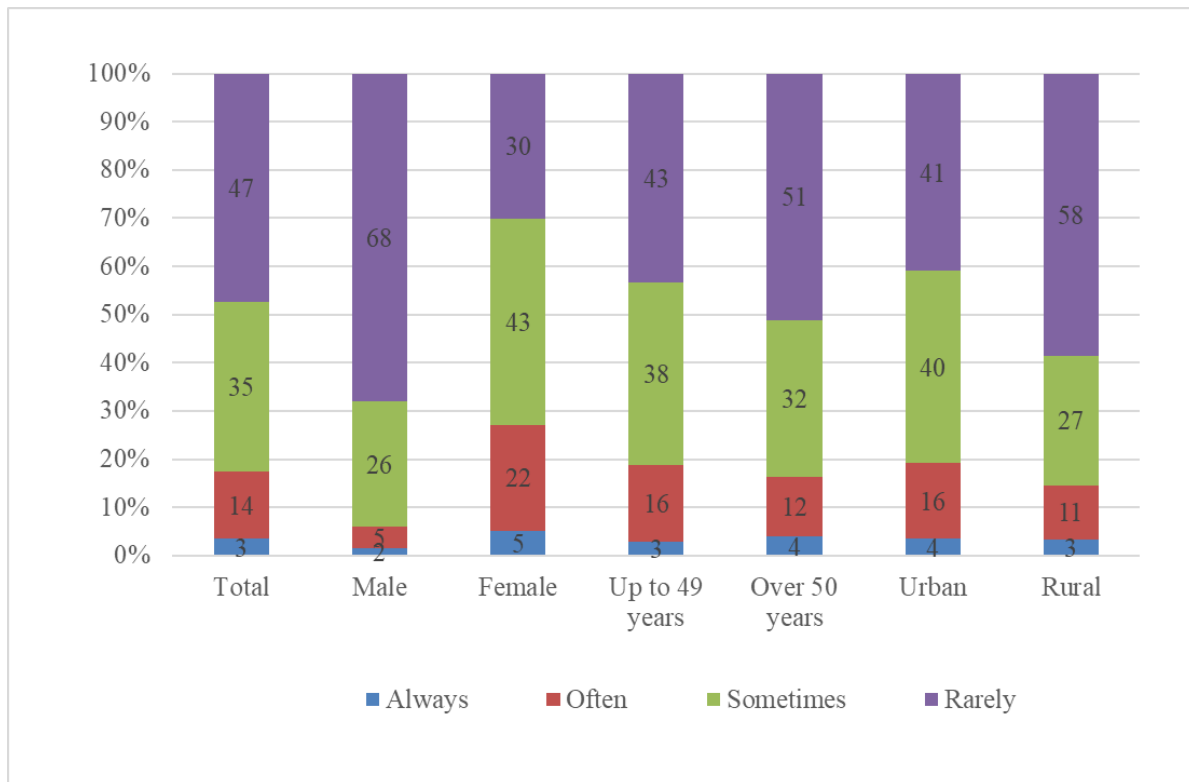
3% of the respondents stated that they are always critical of others and 21 % are often critical of others. On the other hand 43% stated that they are sometimes and one third (33%) stated that they rarely criticize others. 5 % of respondents over 50 years stated that they are always critical of others.

Graph 14. M9 Cry easily (no reason)?



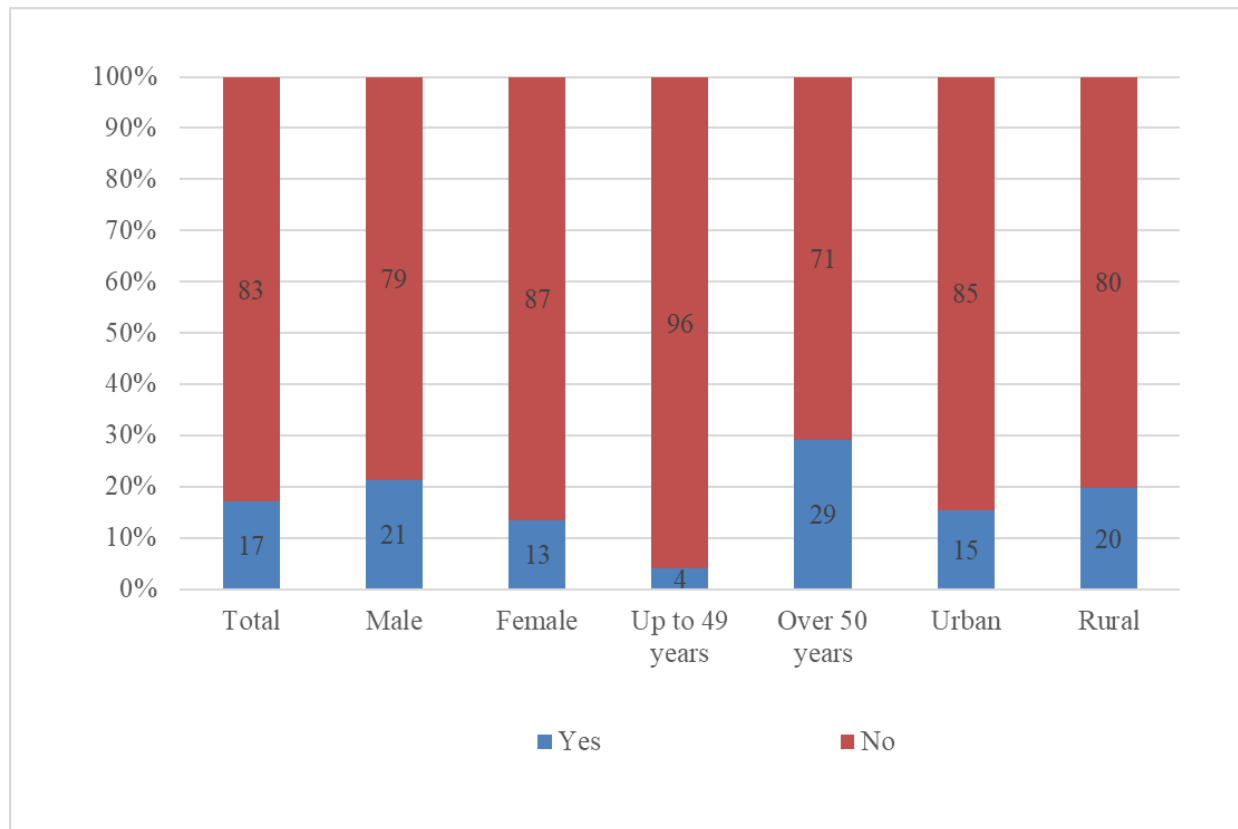
4% of the respondents stated that they always cry easily and 13 % often cry easily. More than half of the respondents (55%) rarely cry easily and 29% stated that they sometimes cry easily. 6% of female respondents answered that they cry easily always.

Graph 15. M10 Fearful?



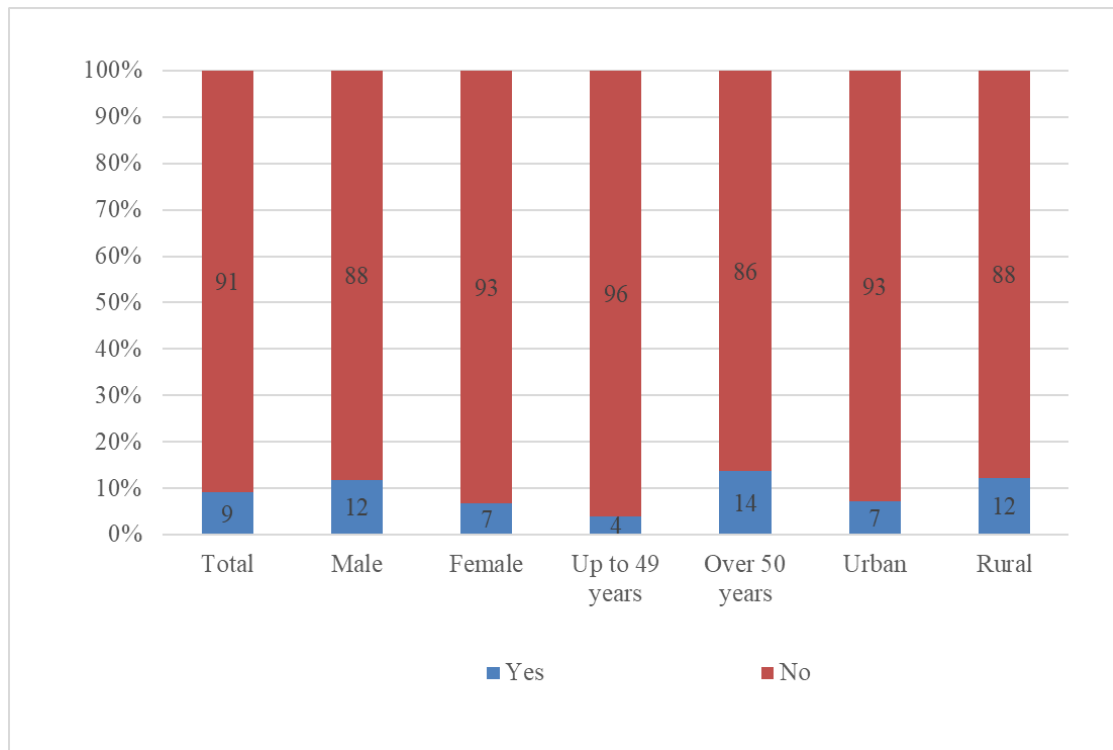
3% of the respondents stated that they are always fearful and 14 % are often fearful. On the other hand 47% stated that they are rarely fearful and more than one third (35%) are sometimes fearful. 5 % of female respondents answered that they are always fearful.

Graph 16. M11 Diabetes?



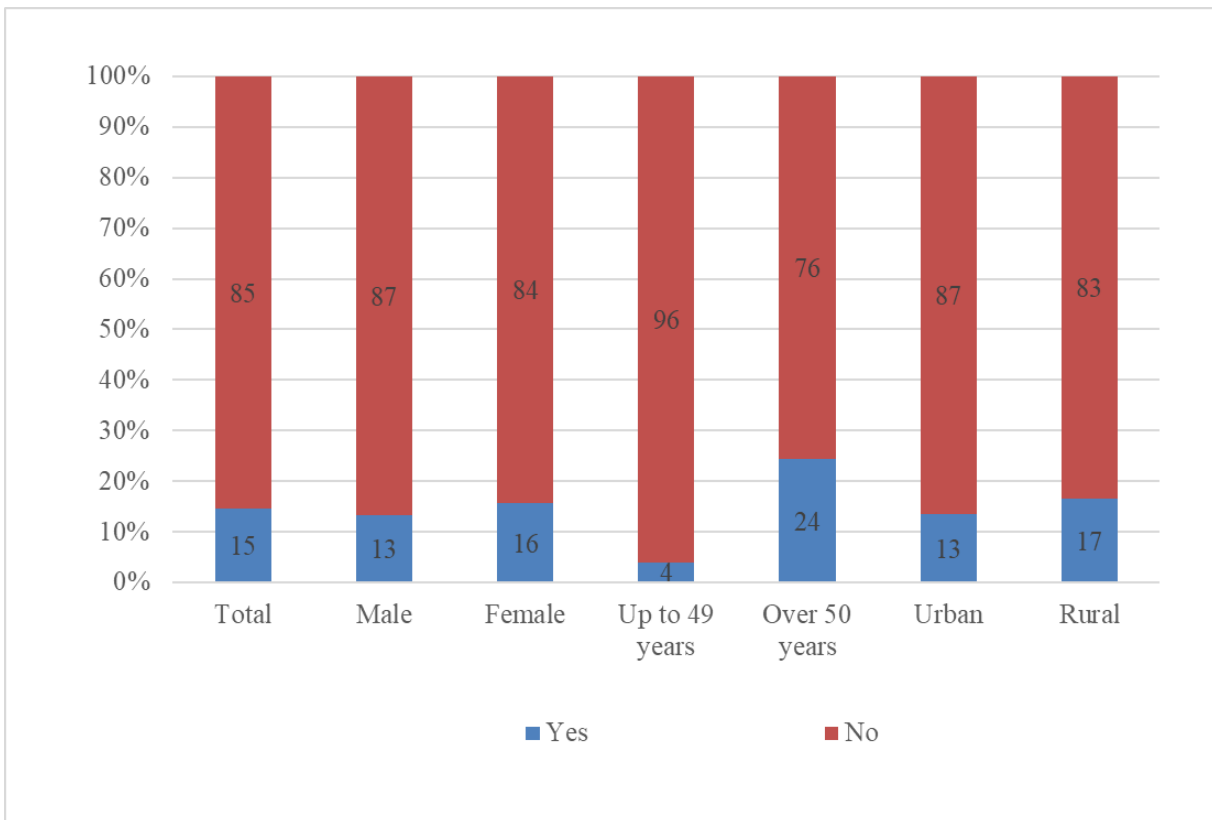
The analysis shows that 17% of the respondents had diabetes. In the age group over 50 years less than one third of the respondents (29%) and 21% of males had diabetes.

Graph 17. M12 Renal disease?



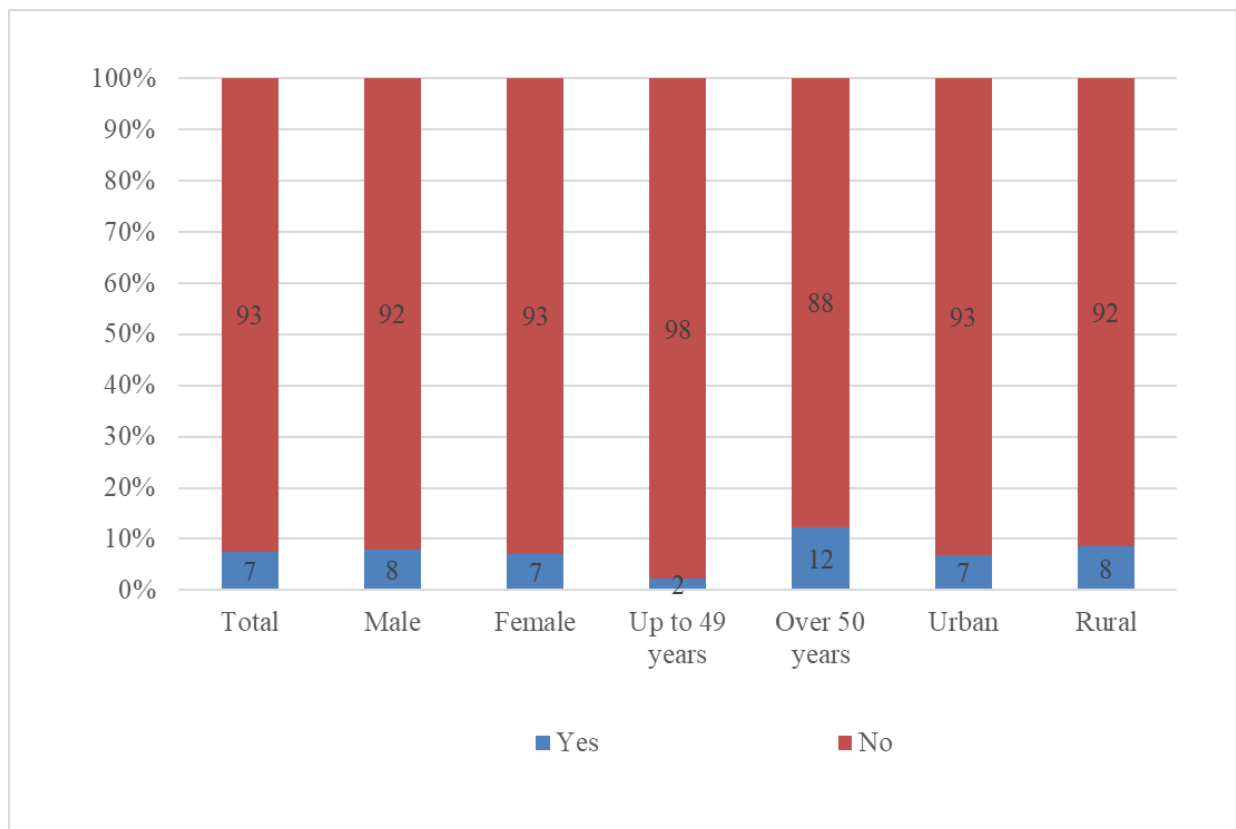
9 % of the respondents stated that they had renal disease. This percentage is highest among respondents aged over 50 years (14%), males (12%) and respondents in rural areas (12%).

Graph 18. M13 Congestive heart failure?



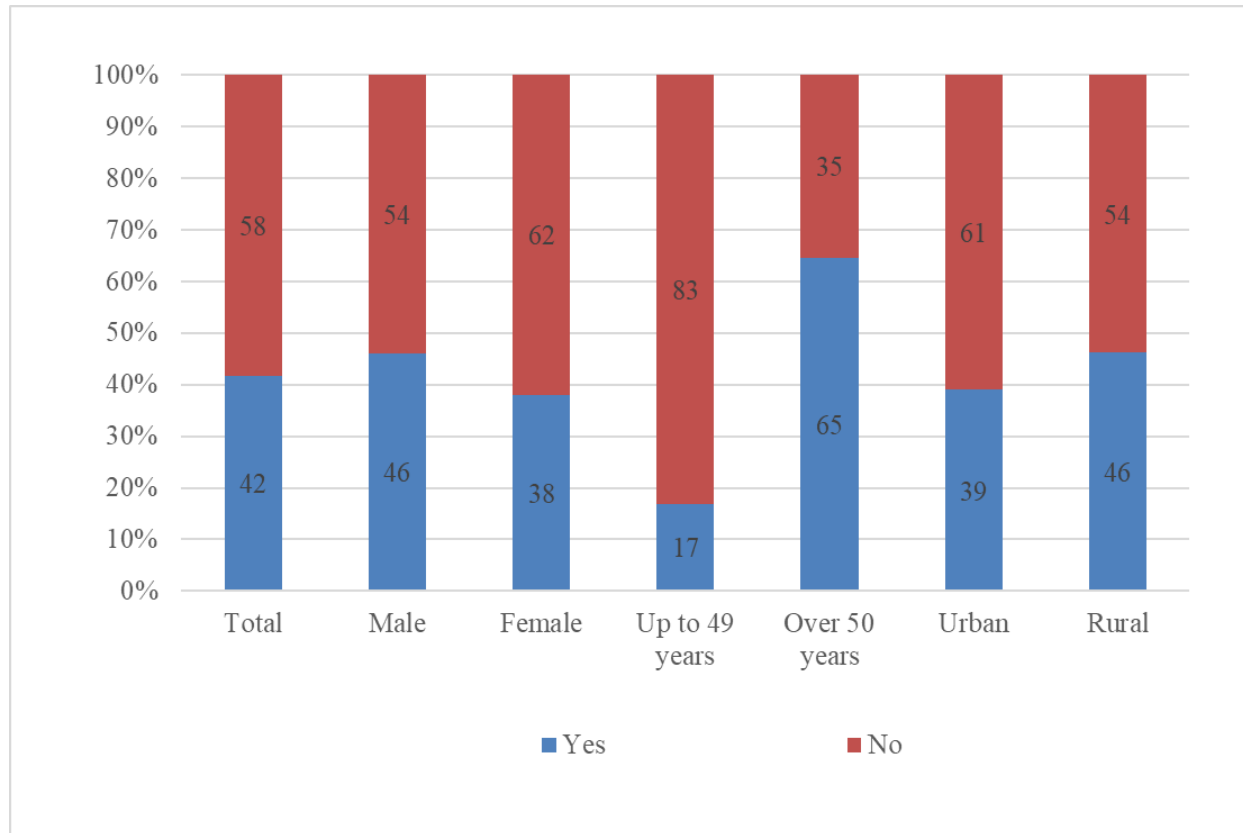
According to respondents, 15 % of them had congestive heart failure. Less than one quarter (24%) of respondents over 50 years had congestive heart failure.

Graph 19. M14 Peripheral arterial disease?



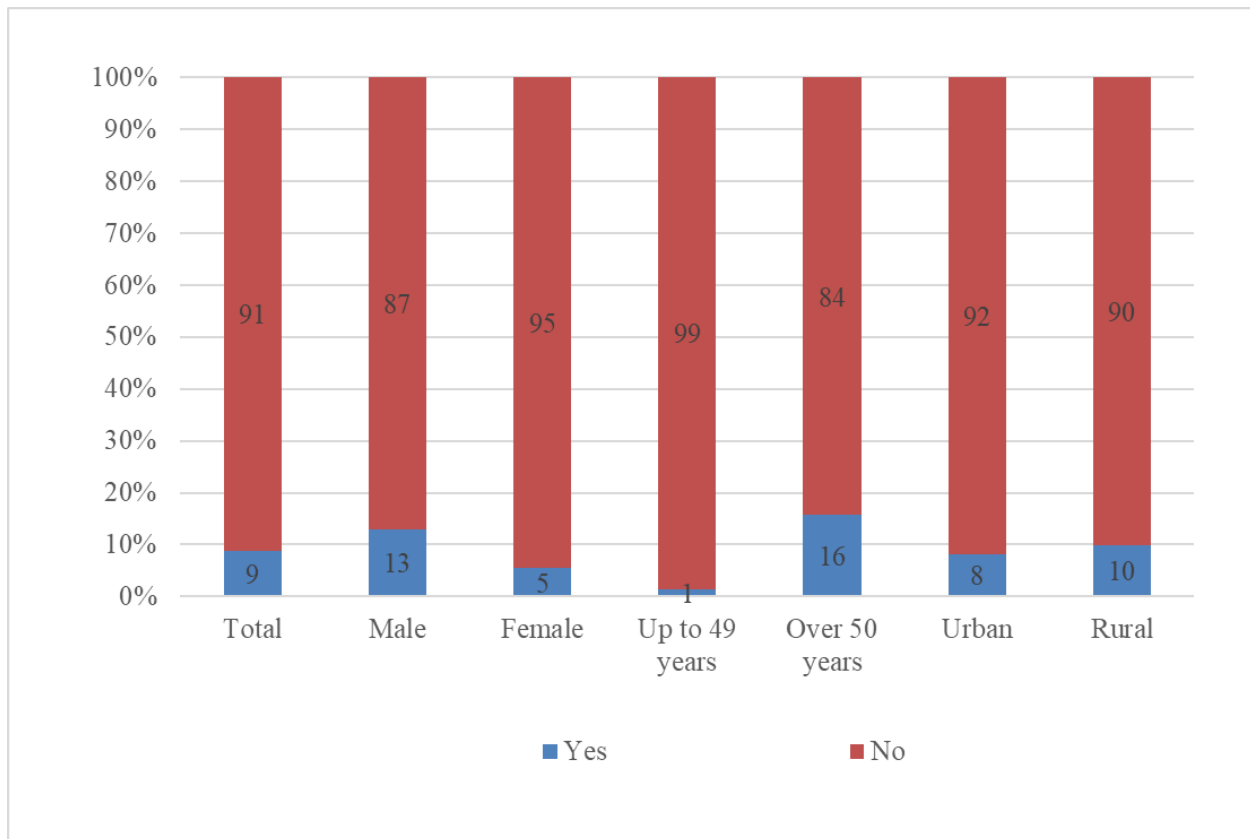
Only 7 % of the respondents said they had peripheral arterial disease. Similar to other groups, respondents over 50 years have highest percentage (12%).

Graph 20. M15 Hypertension?



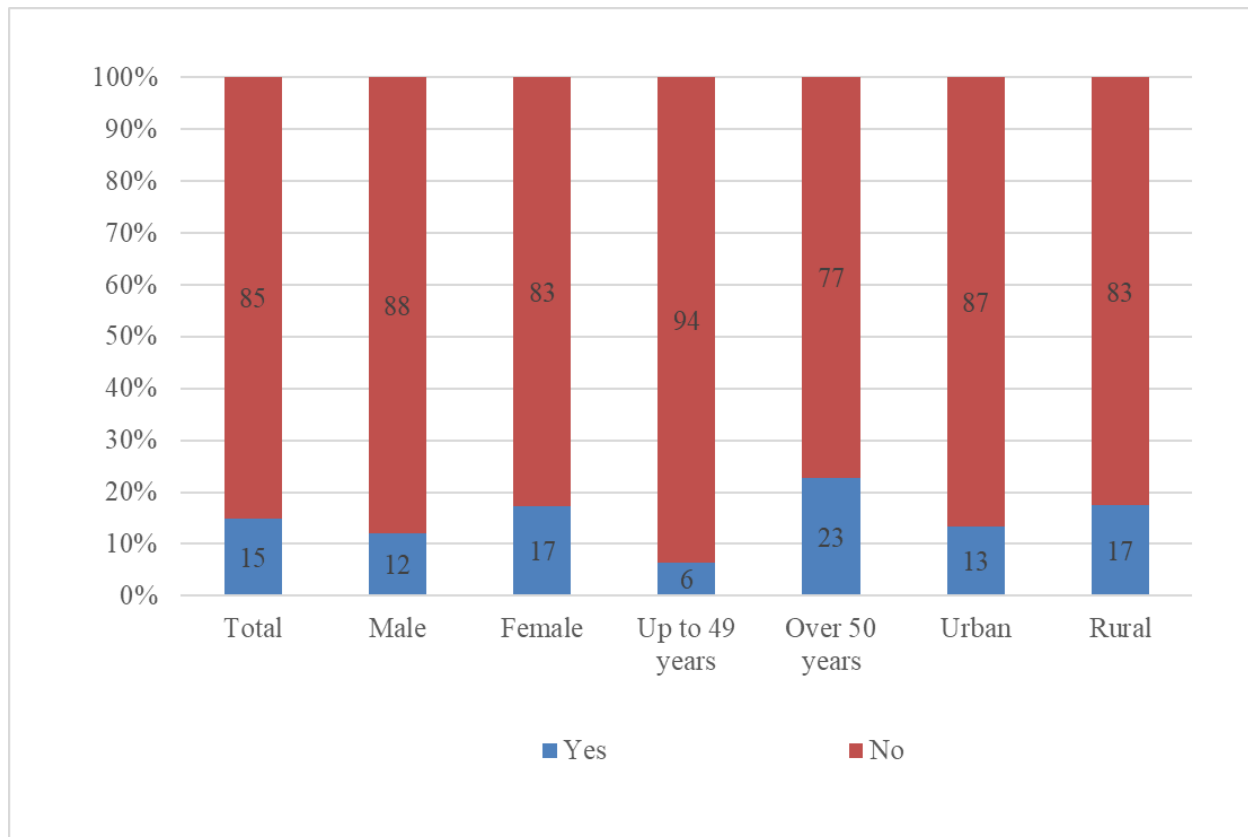
42 % of the respondents said they had hypertension. Around two thirds of the respondents (65%) over 65 years had hypertension.

Graph 21. M16 Ischemic heart disease?



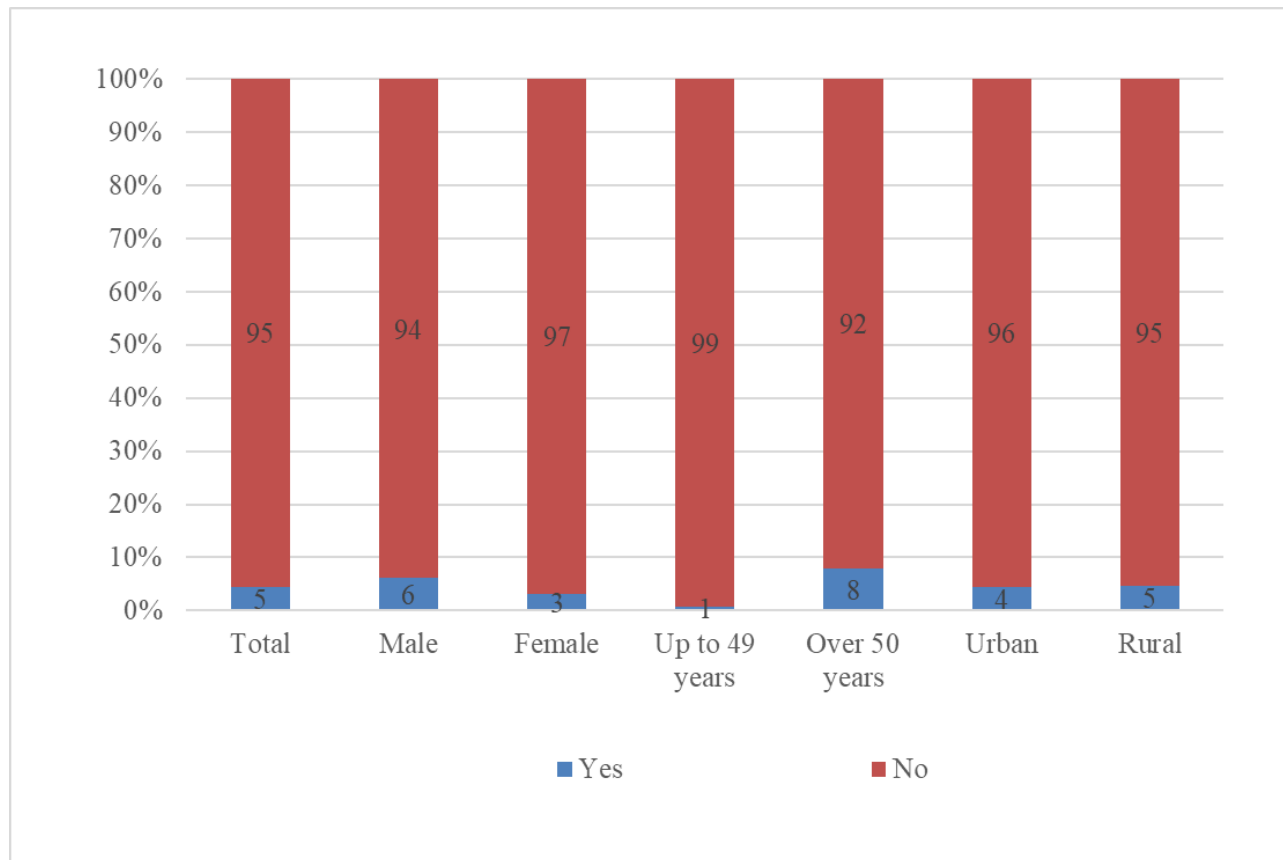
9 % of the respondents said they had ischemic heart disease. This is a case among 16% of respondents over 50 years and 13% among male respondents.

Graph 22. M17 Atrial fibrillation?



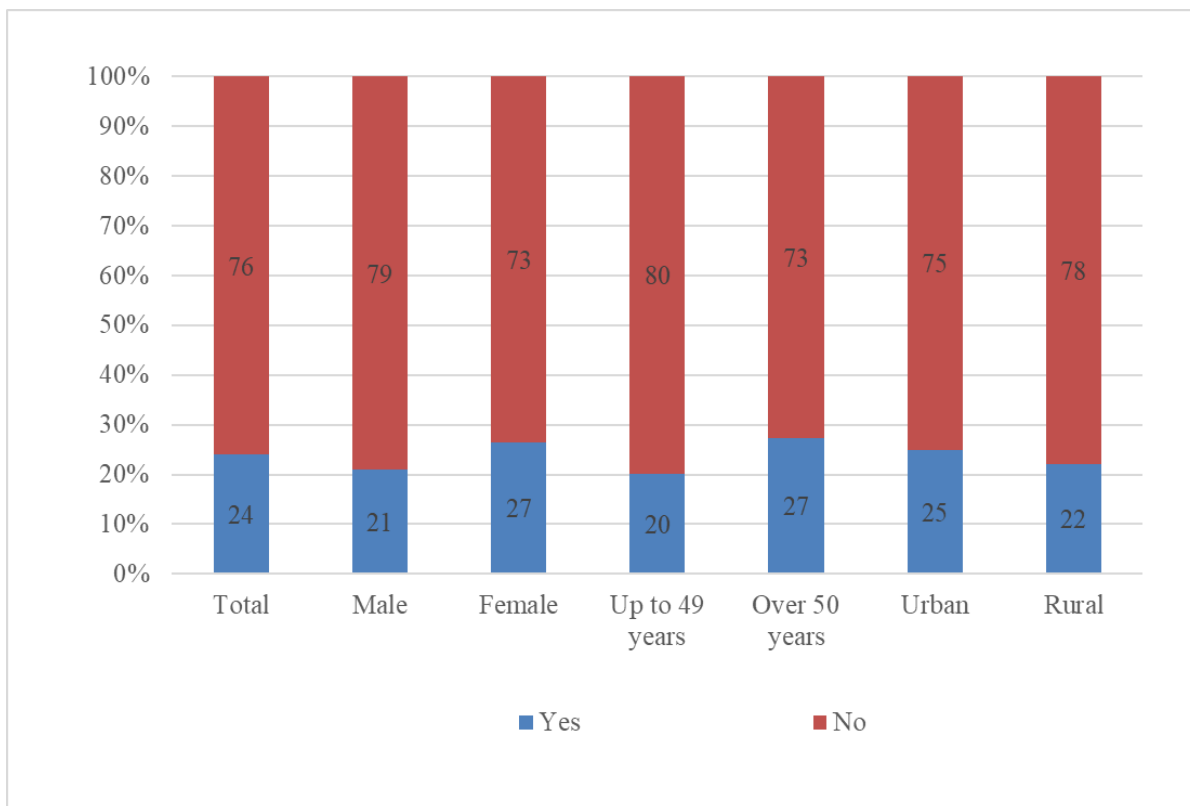
15 % of the respondents had atrial fibrillation. Less than one quarter (23%) of the respondents aged over 50 years had atrial fibrillation. Also, 17% of respondents in rural areas and females have this disease.

Graph 23. M18 Have you ever had stroke?



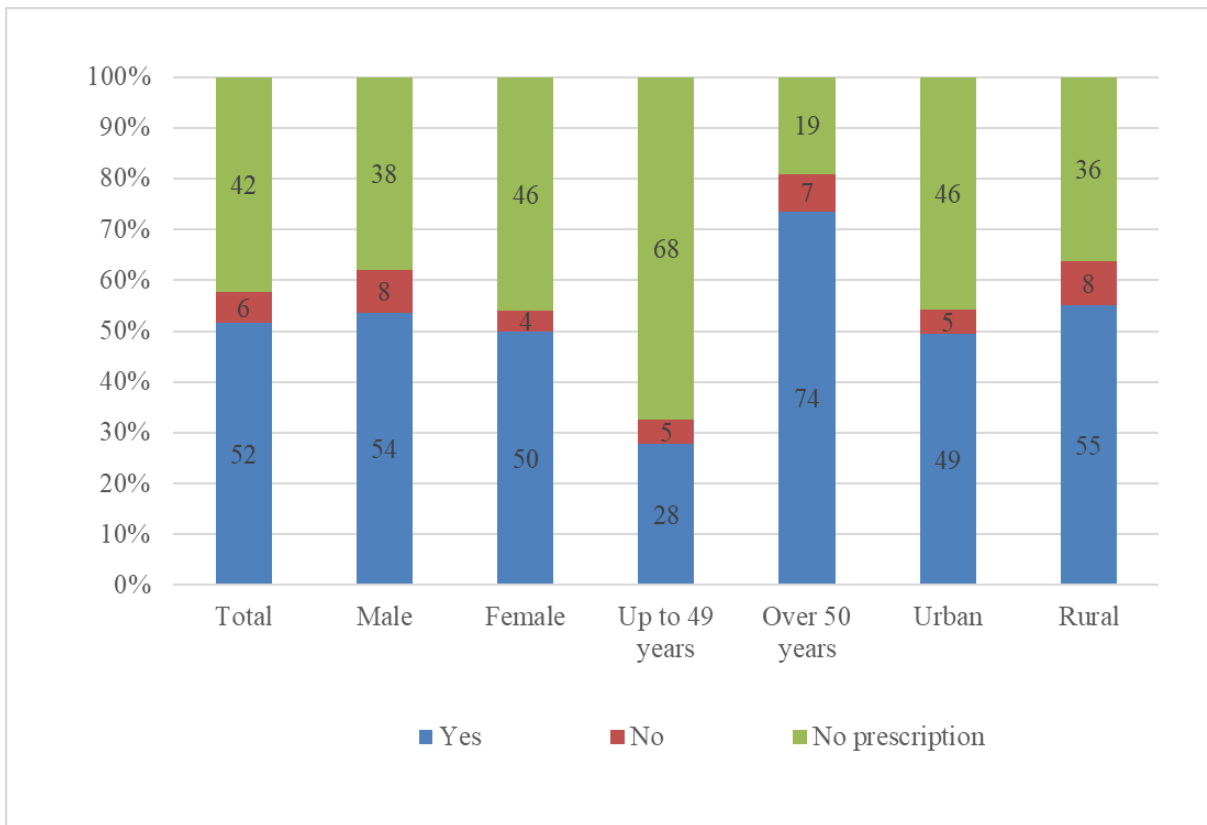
According to respondents, 5% of them had stroke. Highest percentage of respondents who had stroke is among respondents over 50 years (8%) and among males (8%).

Graph 24. M19 Is there any person from your family who had stroke?



Almost one quarter of the respondents (24%) stated that a person from their family had stroke. This percentage is highest among respondents aged over 50 years (27%) and among females (27%).

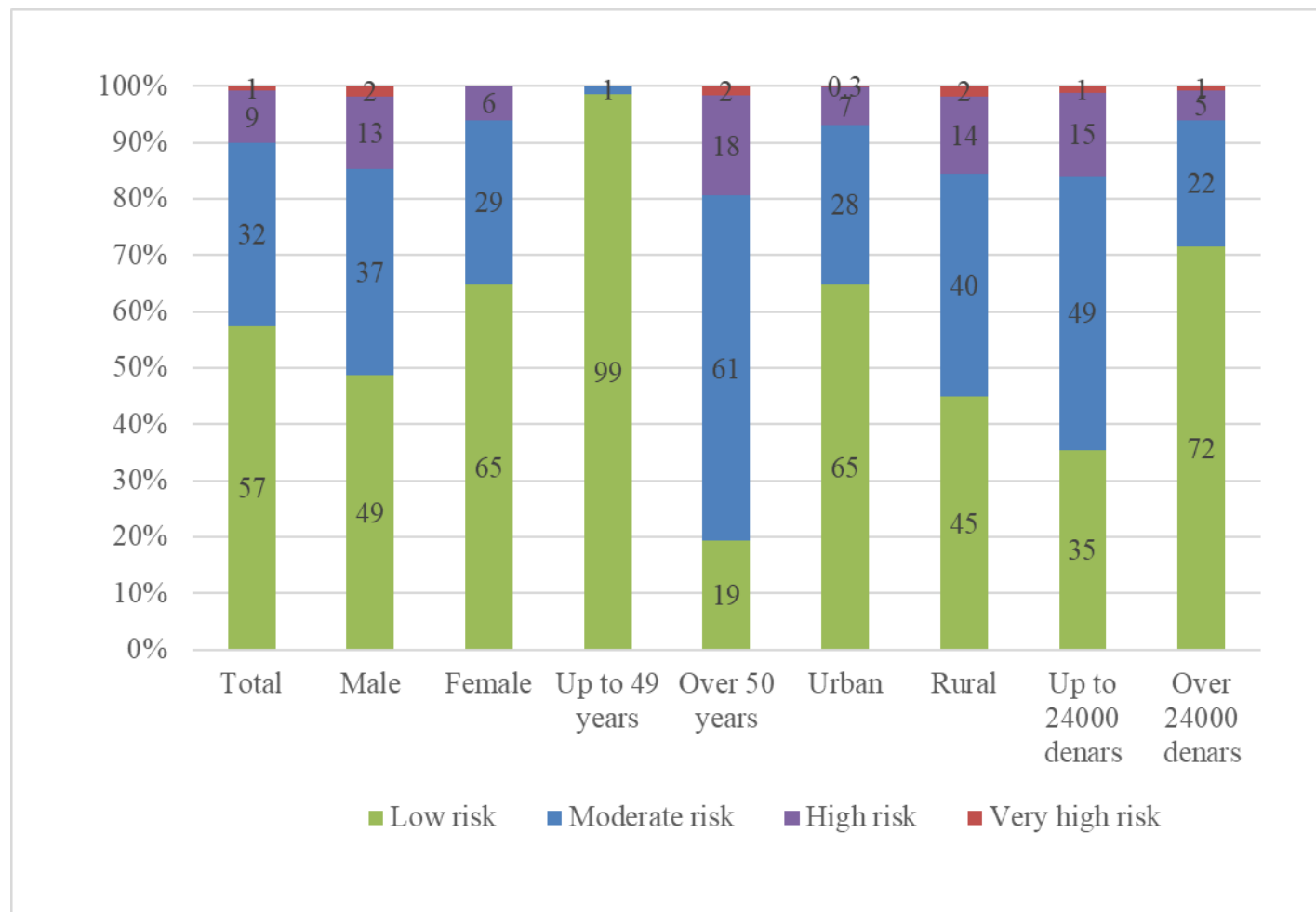
Graph 25. M20 Do you regularly take prescriptions if you have one?



More than a half of the respondents (52%) stated that they take prescriptions. Three quarter (74%) of the respondents over 50 years take prescriptions.

**4.3. Stroke risk categorization – Part 3**

Graph 27. Categorization into groups for stroke risk in the next 10 years



The results show that more than half of the respondents (57%) are in low risk group, while one third (32%) of them had moderate stroke risk. 9% of the respondents have high risk and only 1 % of them have very high stroke risk. 2 % of males, respondents in rural areas and respondents aged over 50 years have very high stroke risk. 18% of respondents over 50 years have high risk and 14 % of respondents in rural areas have high stroke risk. Majority of respondents (72%) with monthly income over 24000 denars have low stroke risk. On the other hand, there are 15 % of respondents with income up to 24000 denars with high stroke risk.

#### 4.4. Demography data – Part 4

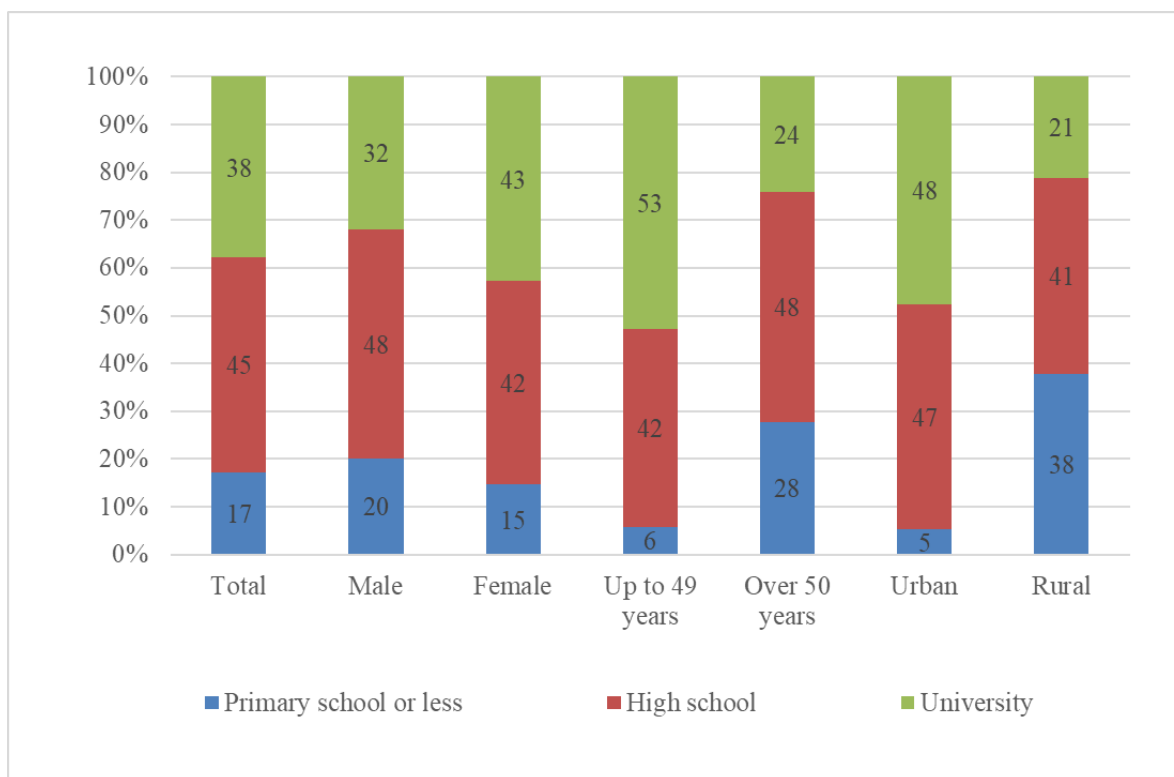
The graphs below show the demography data.

Table 1. Q Age, Gender and Area (urban/rural)

Demography	Options	%
Gender	Male	46
	Female	54
Age	Up to 49 years	48
	Over 50 years	52
Area	Urban	63
	Rural	37

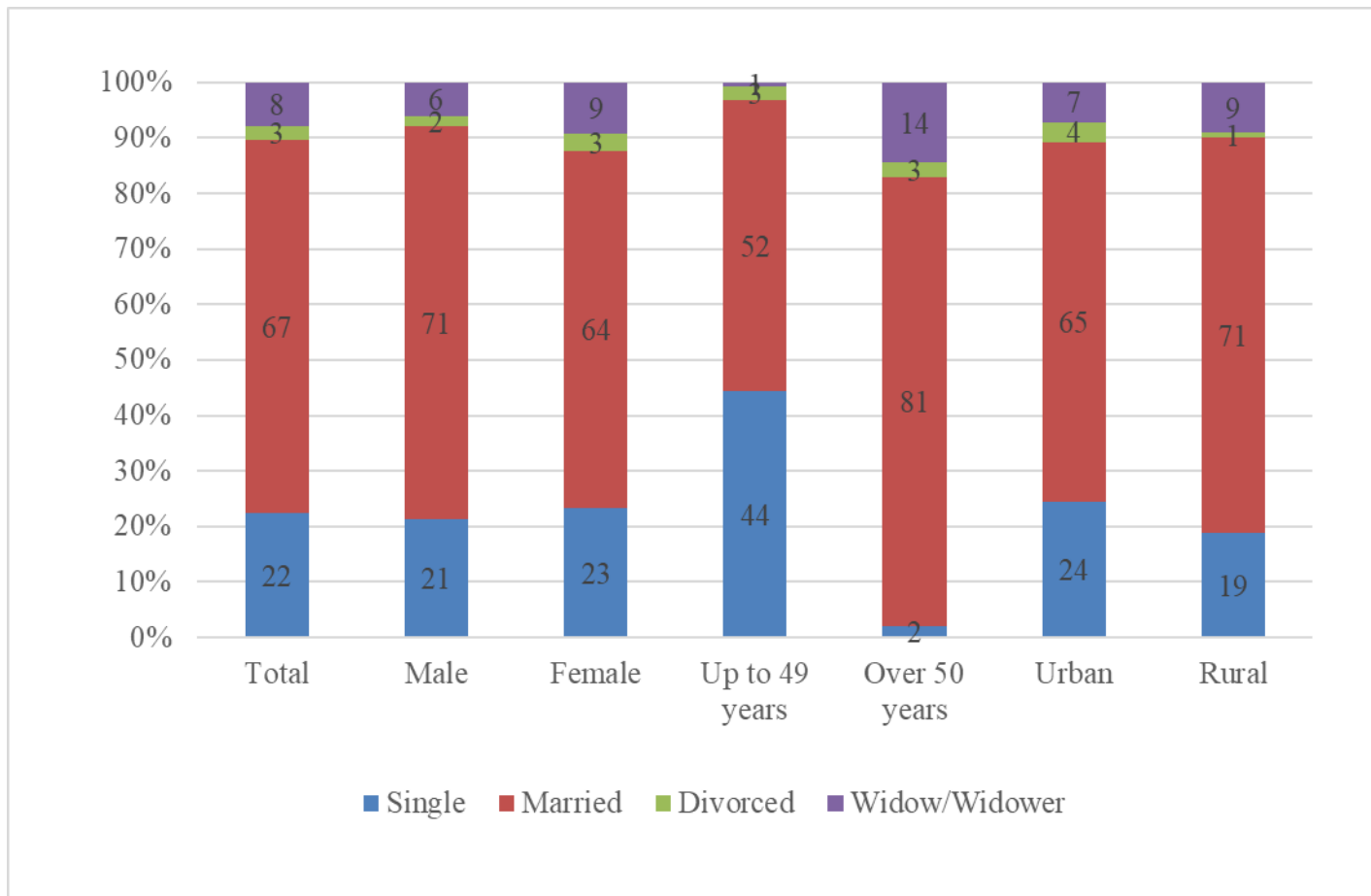
There are 46% males and 54 females in the sample. Regarding age, 48% of the respondents are up to 49 years, while 52 % are over 50 years of age. 63 % of the respondents live in urban areas compared to 37% who live in rural areas.

Graph 28. Q9 Highest level of education?



The results show that 45% have high school, 38% of them have university degree and only 17% have primary school or less.

Graph 29. Q10 Marital status



The analysis show that more than two thirds (67%) of the respondents are married and 22% are single. 3 % of the respondents are divorced and 8 % are widow/widower.

Graph 30. Q11 Working status



Less than half of the respondents (47%) are employed compared to less than one third (29%) who are retired. 9% are pupils/students, 14 % are unemployed and there are 1% of other.

Table 2. Q12 Average monthly income in household?

Options	Total	Male	Female	Up to 49 years	Over 50 years	Urban	Rural
up to 6000 denars	5	6	3	3	6	3	8
6001-12000 denars	12	13	12	4	19	7	20
12001-18000 denars	11	13	10	5	18	8	17
18001-24000 denars	15	14	16	12	18	16	13
24001-30000 denars	11	11	12	13	10	10	15
30001-36000 denars	7	7	8	8	7	10	4
36001-42000 denars	5	5	5	7	3	7	1
42001-48000 denars	6	6	6	6	7	9	2
48001-56000 denars	5	6	4	8	3	6	3
Over 56001 denars	8	8	8	13	3	10	4
Don't Know/No answer	13	10	16	22	5	13	13

The analysis shows that 15% of the respondents have income between 18001-24000 denars average monthly income in household, while 12 % have income between 6001 and 12000 denars. 13 % of them didn't provide answer on income.

## 5. ANNEXES - QUESTIONNAIRE

### 5.1. English version

#### Stroke Research - Part 1

This questionnaire is created for the needs for Association for fight against stroke „Mozocen Udar”. At the moment we are conducting research on factors for stroke. Please answer the questions which will take around 10 minutes. Your answers are very important. All answers are anonymous and data will be used for statistical analysis only.

ID\_\_

Q1 [S]

How old are you?    /\_\_/\_\_/

(INT: Check the answer and appropriate category)

1. Less than 18    ➔    END
2. 18 – 23
3. 24 - 29
4. 30 - 34
5. 35 - 39
6. 40 - 44
7. 45- 49
8. 50 - 54
9. 55 - 59
10. 60 – 64
11. 65 – 69
12. 70-74
13. 75+

Q2 [S]

Gender

One answer possible.

1. Male
2. Female

Q3 [S]

Ethnicity

One answer possible.

1. Macedonian
2. Albanian
3. Other \_\_\_\_\_



Q 4 [S]

Place of living? One answer possible.

1. Urban
2. Rural

Now I would like to ask you about risk factors for stroke.

Q 5 [S]

Are you familiar with factors for stroke? If yes, please name those you know?

1)\_\_\_\_\_

2)\_\_\_\_\_

3)\_\_\_\_\_

99) Don't Know/No answer

Q6 [S]

Do you know how to recognize stroke? If yes, according to which signs/symptoms?

1)\_\_\_\_\_

2)\_\_\_\_\_

3)\_\_\_\_\_

99) Don't Know/No answer

Q7 [M]

How do you inform for stroke?

- 1) TV
- 2) Radio
- 3) Internet
- 4) Doctors
- 5) Other\_\_\_\_\_

99) Don't Know/No answer

Q8 [S]

---

Municipality

---

Q9 [S]

Highest level of education?

Primary school or less	1
High school	2
University	3

Q10 [S]

Marital status

- 1) Single
- 2) Married
- 3) Divorced
- 4) Widow/Widower

Q11[S]

Working status

1. Employed
2. Pupil/student
3. Retired
4. Unemployed
5. Other

Q12[S]

Average monthly income in household?

- 1) up to 6000 denars
- 2) 6001-12000 denars
- 3) 12001-18000 denars
- 4) 18001-24000 denars
- 5) 24001-30000 denars
- 6) 30001-36000 denars
- 7) 36001-42000 denars
- 8) 42001-48000 denars
- 9) 48001-56000 denars
- 10) Над 56001 denars
- 11) Don't Know/No answer

## Stroke Factors Research – Part 2

ID \_\_\_\_

M1 [S]

---



Waist size \_\_\_\_\_ cm

M2 [S]

Level of cholesterol mmol/L

- 1) <4.1
- 2) 4.1-5.19
- 3) 5.2-6.19
- 4) 6.2-7.19
- 5) >7.2

M3 [S] Level of triglycerides

- 1) <1,7 mmol/L
- 2) >1,7mmol/L

M4 [S]

Systolic blood pressure mmHg

- 1) <120
- 2) 120-129
- 3) 130-139
- 4) 140-149
- 5) 150-159
- 6) 160+

M5 [S]

Smoking status?

- 1) Smoker < 1 box cigarettes/ден
- 2) Smoker 1-3 box cigarettes/ден

- 3) Smoker > 3 box cigarettes/ден
- 4) Former smoker < 1 box cigarettes/ден
- 5) Former smoker 1-3 box cigarettes/ден
- 6) Former smoker > 3 box cigarettes/ден
- 7) Never

M6 [S]

Alcohol consumption?

- 1) 7 or more drinks per week
- 2) 1-6 drinks per week
- 3) Former 1-6 drinks per week
- 4) Former 1-7 or more drinks per week
- 5) Abstain

M7 [S] Level of physical activity (minimum 30 minutes?)

- 1) Inactive in last week
- 2) Active 1 or 2 times per week
- 3) Active 3 or more times per week

M8 [S]

Critical of others?

- 1) Always
- 2) Often
- 3) Sometimes
- 4) Rarely

M9 [S]

---



Cry easily (no reason)?

- 1) Always
- 2) Often
- 3) Sometimes
- 4) Rarely

M10 [S]

Fearful?

- 1) Always
- 2) Often
- 3) Sometimes
- 4) Rarely

M11 [S]

Diabetes?

- 1) Yes
- 2) No

M12 [S]

Renal disease?

- 1) Yes
- 2) No

M13 [S]

Congestive heart failure?

- 1) Yes
- 2) No



M14 [S]

Peripheral arterial disease?

1) Yes

2) No

M15 [S]

Hypertension?

1) Yes

2) No

M16 [S]

Ischemic heart disease?

1) Yes

2) No

M17 [S]

Atrial fibrillation?

1) Yes

2) No

M18 [S]

Have you ever had stroke?

1) Yes

2) No

M19 [S]

Is there any person from your family who had stroke?

1) Yes

2) No

M20 [S]

Do you regularly take prescriptions if you have one?

---



- 1) Yes
- 2) No
- 3) No prescription

M21 [S]

Have you ever taken care of person with stroke?

- 1) Yes
- 2) No

**Thank you for your time !**

---

**5.2. Macedonian version****Истражување за фактори за мозочен удар - Дел 1**

Овој прашалник е создаден за потребите на Здружение за борба против мозочен удар „Мозочен Удар,.. Во овој момент спроведуваме истражување за ризик факторите за мозочен удар. Ве молиме да одвоите околу 10 мин за да одговорите на неколку прашања. Вашите одговори се многу важни за нас. Сите одговори се анонимни, а податоците ќе се користат само за статистички анализи.

ID \_\_\_\_\_

П1 [S]

Колку години имате?      /\_/\_/\_/

(АНК: Забележи го точниот одговор и проверете ја возрасната категорија)

1. Помалку од 18      ➔      КРАЈ
2. 18 – 23
3. 24 - 29
4. 30 - 34
5. 35 - 39
6. 40 - 44
7. 45- 49
8. 50 - 54
9. 55 - 59
10. 60 – 64
11. 65 – 69
12. 70-74
13. 75+

П2 [S]

Пол

Можен е само еден одговор.

1. Машко
2. Женско

П3 [S]

Етничка припадност.

Можен е само еден одговор.

1. Македонец
2. Албанец
3. Друго : \_\_\_\_\_

П4 [S]

Средина на живеење? Можен е само еден одговор.

1. Град
2. Село

Сега сакам да ве прашам за ризик фактори за заболување од мозочен удар.

П5 [S]

Дали знаете кои се ризик фактори за заболување од мозочен удар? Доколу да, набројте ги?

1)\_\_\_\_\_

2)\_\_\_\_\_

3)\_\_\_\_\_

99) Не знае/Нема одговор

П6 [S]

Дали знаете како да препорзнаете мозочен удар? Ако, Да според кои знаци/симптоми го препознавате?

1)\_\_\_\_\_

2)\_\_\_\_\_

3)\_\_\_\_\_

99) Не знае/Нема одговор

П7 [M]

Како се информирате за мозочен удар?

6) Телевизија

7) Радио

8) Интернет

9) Матичен лекар

10) Друго \_\_\_\_\_

99) Не знае/Нема одговор

П8 [S]

Општина

---

П9 [S]

Кој е највисокиот степен на образование кој го имате завршено?

- |                                  |   |
|----------------------------------|---|
| Основно образование или помалку  | 1 |
| Средно образование               | 2 |
| Повисоко образование/универзитет | 3 |

П10 [S]

Брачен статус

- 1) Неженет/немажена
- 2) Во брак
- 3) Разведен/Разведена
- 4) Вдовец/Вдовица

П11[S]

Работен статус

1. Вработен
2. Ученик/студент
3. Пензионер
4. Невработен
5. Друго

П12[S]

Колку се вкупните просечни месечени примања во вашето домаќинство?

- 1) до 6000 денари
- 2) 6001-12000 денари
- 3) 12001-18000 денари
- 4) 18001-24000 денари
- 5) 24001-30000 денари
- 6) 30001-36000 денари
- 7) 36001-42000 денари
- 8) 42001-48000 денари
- 9) 48001-56000 денари
- 10) Над 56001 денари
- 11) Не знам/Одбива

**Истражување за фактори за мозочен удар – Дел 2**

ID\_\_\_\_

M1 [S]

---



Обем на струк \_\_\_\_\_ цм

M2 [S]

Ниво на вкупен холестерол ммол/Л

- 1) <4.1
- 2) 4.1-5.19
- 3) 5.2-6.19
- 4) 6.2-7.19
- 5) >7.2

M3 [S] Ниво на триглицериди

- 1) <1,7 mmol/L
- 2) >1,7mmol/L

M4 [S]

Мерка за артериски систолен крвен притисок ммХг

- 1) <120
- 2) 120-129
- 3) 130-139
- 4) 140-149
- 5) 150-159
- 6) 160+

M5 [S]

Дали пушите цигари?

- 1) Да, сега сум пушач < 1 кутија цигари/ден
- 2) Да, сега сум пушач 1-3 кутии цигари/ден

- 3) Да, сега сум пушач > 3 кутии цигари/ден
- 4) Да, во минатото бев пушач < 1 кутија цигари/ден
- 5) Да, во минатото бев пушач 1-3 кутии цигари/ден
- 6) Да, во минатото бев пушач > 3 кутии цигари/ден
- 7) Не, воопшто не сум пушач

M6 [S]

Дали конзумирате алкохол?

- 1) Да, сега конзумирам над 7 чаши неделно
- 2) Да, сега конзумирам од 1 до 6 чаши неделно
- 3) Да, во минатото конзумирав 1-6 чаши неделно (Веќе Не)
- 4) Да, во минатото конзумирав >7 чаши неделно (Веќе Не)
- 5) Не, воопшто не сум конзумирал

M7 [S] Што од наведеното го одразува вашето ниво на физичка активност (под физичка активност подразбирам активност која траела најмалку 30 минути)?

- 1) Немав ни една физичка активност во последната седмица
- 2) Да, имав една или две физички активности во последната седмица
- 3) Да, имав три или повеќе физички активности во последната седмица

M8 [S]

Колку често сте критични/нервозни спрема други?

- 1) Секогаш
- 2) Често
- 3) Понекогаш
- 4) Ретко

M9 [S]

---

Колку често се расплакувате лесно (без причина)?

- 1) Секогаш
- 2) Често
- 3) Понекогаш
- 4) Ретко

M10 [S]

Колку често се плашите?

- 1) Секогаш
- 2) Често
- 3) Понекогаш
- 4) Ретко

M11 [S]

Дали досега Ви бил дијагностициран дијабетес?

- 3) Да
- 4) Не

M12 [S]

Дали досега Ви била дијагностицирана било каква болест на бубрезите?

- 1) Да
- 2) Не

M13 [S]

Дали досега Ви била дијагностицирана конгестивна срцева болест- слабо срце (неправила работа на срцето)?

- 1) Да
- 2) Не



M14 [S]

Дали имате периферна артериска болест (запушеност на артериите на нозете) ?

- 1) Да
- 2) Не

M15 [S]

Дали некогаш Ви е дијагностициран висок крвен притисок или имате добиено лекови за висок крвен притисок?

- 1) Да
- 2) Не

M16 [S]

Дали некогаш Ви е дијагностицирана исхемична болест на срцето (коронарна болест, ангина пекторис, срцев инфаркт, миокарден инфаркт)?

- 1) Да
- 2) Не

M17 [S]

Дали ви е дијагностицирана атријална фибрилација (неправилен срцев ритам)?

- 1) Да
- 2) Не

M18 [S]

Дали досега сте имале мозочен удар?

- 1) Да
- 2) Не

M19 [S]

Дали некој од вашето поблиско семејство имал мозочен удар( родители/брат/сестра)?

- 1) Да
  - 2) Не
-



M20 [S]

Дали редовно ги примате препишаните лекови доколку имате?

- 1) Да
- 2) Не
- 3) Немам препишани лекови

M21 [S]

Дали некогаш сте се грижеле за болен од мозочен удар?

- 1) Да
- 2) Не

**Ви благодарам за вашето време !**