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RELIABILITY OF THE DIETARY SODIUM RESTRICTION QUESTIONNAIRE IN PATIENTS WITH HYPERTENSION

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Background: Dietary recommendations to reduce salt consumption are effective to control hypertension but difficult to follow. The Dietary Sodium Restriction Questionnaire was validated to evaluate the adherence to these recommendations among patients with heart failure. This questionnaire may be useful for patients with hypertension as well, but it was not evaluated in this context.

Objective: To evaluate the reliability of the Dietary Sodium Restriction Questionnaire (DSRQ) in patients with arterial hypertension.

Methods: This study was done with a convenience sample of patients with hypertension under care in the outpatient clinic of our Institution. The DSRQ has three subscales: attitude, subjective norm and perceived behavioral control. The reliability was evaluated by internal constancy of its items using the Cronbach's alpha coefficient.

Results: 94 patients were included, with age between 41 and 80 years old, 73% women and with 7±4 years of education in the average. Systolic blood pressure was 141±24.5 mmHg and diastolic blood pressure 81±13.2 mmHg. The Cronbach's alpha coefficient for all the three subscales was 0.775; and for the subscales of attitude, subjective norm and perceived behavioral control was 0.748, 0.409 e 0.852, respectively. The item total correlation in the most items was over 0.30.

Conclusions: The Dietary Sodium Restriction Questionnaire is reliable to evaluate the attitudes, beliefs and barriers of patients with hypertension. The demonstration of its validity requires studies with direct determination of salt consumption.