

# Perceptions of a Cardiovascular Stress Management intervention in University Employees

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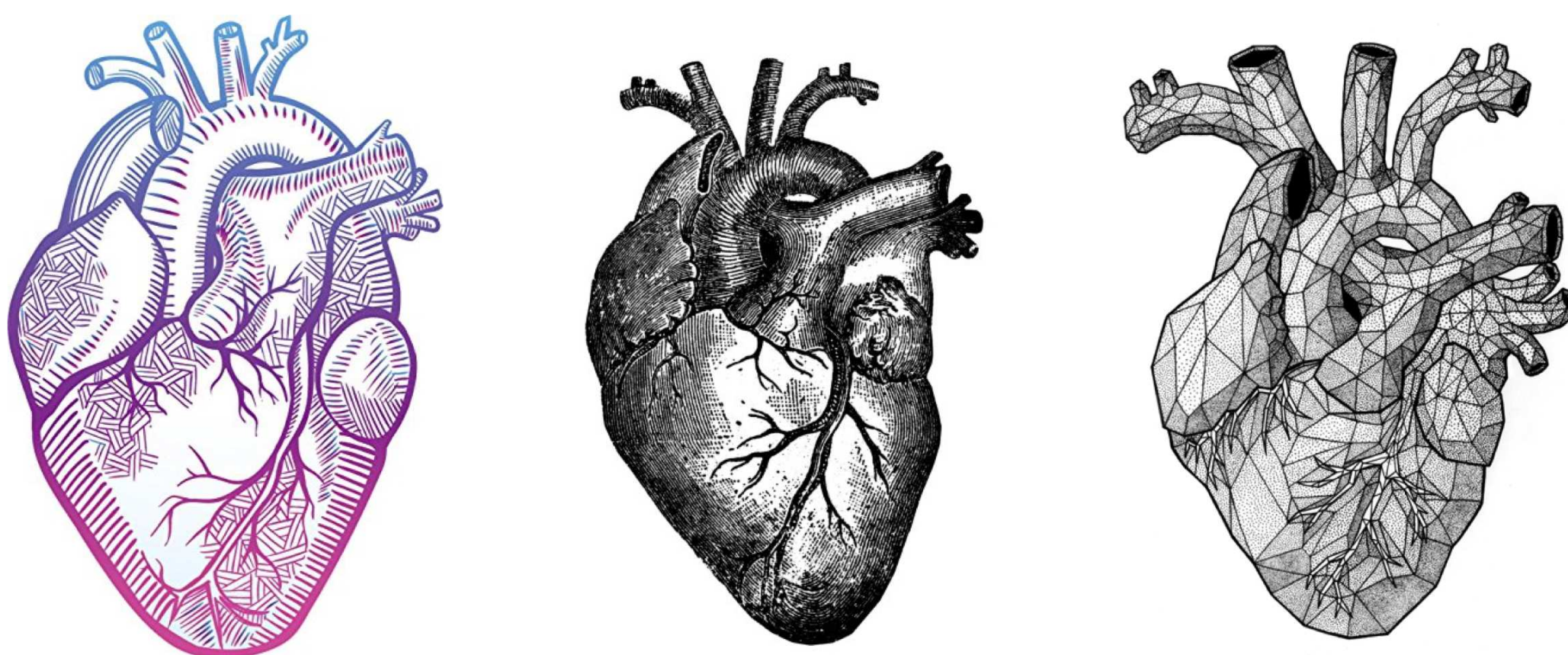
## Overview

- ❖ What are the perceptions of university employees about their own cardiovascular health? Are they willing to utilize a smartphone application (Breathe2Relax) for daily stress management?
- ❖ Method: Quantitative survey using Qualtrics and the Healthy Heart and Lifestyle Questionnaire



## Review Of Evidence

- ❖ Repetitive stressors (mental, physical, financial, and job-related) can result in adverse metabolic effects in the cardiovascular system such as high blood pressure and plaque build up in vessels.
- ❖ Studies show that stress management interventions such as breathing techniques are effective in reducing the long-term risk of adverse cardiac events such as heart attack and stroke.



## Impact

- ❖ Findings from this research can help clinicians understand the role of technology in shaping health and stress management for those at increased risk of heart disease.
- ❖ Results may lead to improved patient education for those with high stress levels regarding benefits of easy-to-use technology in improving overall heart health.



## Next Steps...

Analyze data about stress levels and whether participants, especially those who have higher risk factors for heart disease, are willing to utilize technology for health management.

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