INTRODUCTION

- Blood pressure (BP) is the force of blood pushing against blood vessel walls\(^1\).
- High BP for an extended time can cause life threatening conditions, such as heart disease and stroke\(^1\).
- Stress triggers certain bodily responses that may result in high BP\(^2\).
- Adolescence tends to be a stressful time due to peer pressure and emerging autonomy.

METHODOLODY

- A correlational study with convenience sampling (n=3).

STEP 1

- Data collection consisted of:
  - BP measurements with the GE® Dinamap Pro 100 series BP device.
  - Perceived stress levels measured with the PROMIS stress survey.

STEP 2

- Teaching session consisted of:
  - Hypertension Pre Test.
  - Hypertension Post Test.

LIMITATIONS

- Small sample size due to:
  - Lack of age appropriate participants.
  - Lack of participation.
  - Scheduling conflicts.

RESULTS

- 33% had Prehypertension as defined by the AAP\(^3\).
- In regards to the feasibility of the study, the author did not find the study feasible to perform.
- 100% of participants had higher than average stress levels, ranging from 1 standard deviation to 2 standard deviations higher than the mean.

SIGNIFICANCE

- If a positive correlation of high BP and stress levels was identified, it could have suggested that stress-relieving activities as well as pharmaceuticals could aid in lowering BP.

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