ACKNOWLEDGEMENT

Appreciation is a wonderful thing. It makes what is Excellent in others belong to you as well

Voltaire.

This work had been made possible by the guidance, support and encouragement of so many well wishers. It is with great pleasure and deep satisfaction, I take this opportunity to acknowledge this contribution to many around me who contributed towards the successful completion of my thesis.

I am grateful to God almighty for his blessings and grace throughout my study without which nothing would have been possible.

My sincere and heartfelt gratitude is due to The Management and all the officials of Sri Ramachandra University, Porur, Chennai-116 for providing me an opportunity to register and pursue my Ph.D (Doctor of Philosophy) in the Faculty of Nursing at their esteemed institution.

I would like to express my sincere gratitude to The Management, Gokula Education Foundation for providing me an opportunity to undertake my Ph.D (Doctor of Philosophy) in Nursing.

From the bottom of my heart, I thank my Guide Dr. M. Jayarajah, M.D. (Gen. Med.), D.M. (Cardiology), Professor, Dept. of Cardiology, Sri Ramachandra Hospital, Porur, Chennai - 116 for his expert guidance, valuable suggestions, constructive criticisms, constant incitement and support throughout; making this piece of research work fruitful and a pleasant learning experience.
No words can express my heartfelt gratitude to my beloved Co-Guide Dr. (Mrs) K. Lalitha, M.N, Ph.D (Nursing), Professor, Head, Dept. of Nursing, NIMHANS, Bangalore - 560 029 for her unwavering, meticulous, energetic, continuous encouragement, support, scholarly guidance, valuable suggestions and constant concern forwarded by her throughout my study. Madam during my darkest stressful movements, you were like the rising sun casting brightness, hope and bringing life to the gloomiest areas. I owe my candid gratefulness to the crowning glory of all my endeavors.

I am forever indebted to my Research Advisor Dr. M. Ramesh, MBBS, MD, DNB, Professor of Medicine, Department of Cardiology, Sri Ramachandra Hospital, Porur, Chennai - 116 for his untiring support, patient guidance, and excellent direction which helped in the smooth sail of completing the research work.

I am highly thankful to Prof. P.V. Ramachandran, Chairman Nursing Education, Sri Ramachandra College of Nursing, for his valuable advices and suggestions during the study period.

I owe my sincere thanks to Prof. Dr. Rajeswari Vaidyanathan, Principal, Sri Ramachandra College of Nursing, for her guidance and advice extended.

I wish to record my sincere gratitude to Vice chancellor, Registrar, Controller of Examination, Deputy Registrar (Exam) and Research Director, Sri Ramachandra University for their good will and timely help which motivated me to complete the task.
I wish to extend a deep sense of gratitude to Dr. Manjunath, Medical Director, Sri Jayadeva Institute of Cardiology, Bangalore, for granting me permission and clearance from ethical committee to do the data collection for my study.

I extend my sincere thanks to Dr. Narendranath, M.D, Medical Director, Dr. Naresh Shetty, M.D, Joint Medical Director, Sr. Mary Kutty, Chief Nursing Superintendent, M.S.Ramaiah Memorial Hospital, Bangalore, for their rich input in preparing “Patient Information Booklet on Stress Management and Coping for Heart Attack”.

I extend my heartfelt gratitude to Prof. Nagaraj Desai, Prof.& HOD Department of Cardiology, Dr. Sanjay Desai, Vascular Surgeon, Dr. Kumar, Dean & Principal, M.S.Ramaiah Memorial Hospital, Bangalore. for validating the content of the tool and providing their valuable suggestions.

I feel greatly obliged to Dr. B.G. Muralidhara, Chairman, Trinity Hospital & Heart Foundation, Bangalore - 04. for granting permission to do the pilot study.

I express my special thanks to Mr. Gopala Krishna, Deputy Editor, publication department, NIMHANS, Bangalore for translating the questionnaire from English to Kannada.

With the deepest sense of pleasure I thank Dr. Siddamallaiah, Principal Librarian and Information Officer NIMHANS, Bangalore for his constant support and help throughout the study.
I am overwhelmed with joy and gratitude to thank Dr. Kannan, Professor, Madurai School of Social Work, Madurai for his expert guidance and excellent direction rendered in the analysis and interpretation of the study at all stages to make this research work in a successful manner.

I wish to place in record my sincere thanks to Mr.T.Hanumarajaiah, Administrative Officer, Mr.Rajesh.R Lecturer, Mr. Dharasan, Asst. Lecturer, Mr.Hemesha.H.N, Librarian, Mrs. Asha Michaelangelo, Asst. Librarian, Teaching and Non Teaching Faculty of M.S.Ramaiah Institute of Nursing Education & Research, Bangalore for all the kindly help, constant support, brain storming ideas lead to the fruitful completion of the research work.

I will be failing in my duty if I don’t recall the Patients, Nurses, and Physicians, who gave lots of supports and cooperation with me for successful completion of my research work.

I extend my grateful acknowledgement to Sri Mulukunte.N.Prakash. Deputy Manager- Public Relations (Media and Publicity), GEF (M), Bangalore, in preparing the “Audio compact disk on the Stress Management and Coping for Heart Attack” in English and Kannada.

A word of special thanks to Mr. Ravi Shankar who provided untimely constant support towards Printing and Binding the Thesis.

I owe all my accomplishments to my Wife. Mrs.Sukanya Prabhudeva, who taught me the love is loveliest with both feet on the ground, to my Son, Mr.P.Praveen & to my Daughter Ms.P.Pranitha for their unconditional love, encouragement and support which helped me to break all the hurdles.
I dedicate all my success to the departed soul of my ever loving parents 
**Late. Dr.Siddappa & Mrs. Neelamma** whose confidence and blessing in me as always been major plus in my life.

I thank all my well wishers, friends and many others who have helped me directly and indirectly in the process of my study.

**S.S.PRABHUDEVA**