1

PERSONAL DATA SHEET

Name: ............................................. C.C.No.: ..........................................

Age: ............................................. Marital Status: ..........................................

Occupation: ..................................... Weight: ..........................................

Address: ...........................................................................................................

.........................................................................................................................

Diagnosis: ...........................................................................................................

.........................................................................................................................

Family History of CAD: ......................................................................................

.........................................................................................................................

Clinical Features and Investigations

Blood Sugar: .................................................................

Blood Urea: .................................................................

Serum Cholesterol, (mg/100 ml): .................................................................

Fasting serum triglycerides, (mg/100 ml): ..................................................

Electrocardiogram (ECG): .................................................................

Echo Test: .................................................................

Surgical Intervention (if any): .................................................................

No. of Heart Attacks or M.I. .................................................................
CAD RISK FACTORS QUESTIONNAIRE

Our purpose is to find how far you are aware that the following factors are related to Coronary Artery Disease. You have to write a number against each factor to indicate the extent of your awareness regarding the relationship of the factor with the ailment. The meaning of the numbers from which you have to select your response is as below:

<table>
<thead>
<tr>
<th>Very Much Aware</th>
<th>Much Aware</th>
<th>Somewhat Aware</th>
<th>Not Much Aware</th>
<th>Definitely Not Aware</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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</tbody>
</table>

**LIFESTYLE FACTORS**

1. Sedentary Lifestyle
   ( ) ( ) ( ) ( ) ( ) ( )
2. Diabetes mellitus
   ( ) ( ) ( ) ( ) ( ) ( )
3. Obesity
   ( ) ( ) ( ) ( ) ( ) ( )

**PSYCHOSOCIAL FACTORS**

1. Anxiety
   ( ) ( ) ( ) ( ) ( ) ( )
2. Depression
   ( ) ( ) ( ) ( ) ( ) ( )
3. Psychosocial Stress
   ( ) ( ) ( ) ( ) ( ) ( )
4. Fear and panic
   ( ) ( ) ( ) ( ) ( ) ( )
5. Frustration
   ( ) ( ) ( ) ( ) ( ) ( )
6. Poor social support
   ( ) ( ) ( ) ( ) ( ) ( )
7. Type A Behavior
   ( ) ( ) ( ) ( ) ( ) ( )
8. Unpleasant Emotions
   (agression, hostility)
   ( ) ( ) ( ) ( ) ( ) ( )
### ENVIRONMENTAL FACTORS

1. Weather Conditions ( ) ( ) ( ) ( ) ( ) ( )
2. Living in crowded environment. ( ) ( ) ( ) ( ) ( ) ( )
3. Pollution (Air, Domestic, Noise, Water, Vehicle smoke) ( ) ( ) ( ) ( ) ( ) ( )
4. Drug Misuse ( ) ( ) ( ) ( ) ( ) ( )

### PERSONAL FACTORS

1. Substance Abuse – Alcohol, Smoking ( ) ( ) ( ) ( ) ( ) ( )
2. Taking of birth control pills by women ( ) ( ) ( ) ( ) ( ) ( )
3. Family history of CAD ( ) ( ) ( ) ( ) ( ) ( )
4. Male Gender ( ) ( ) ( ) ( ) ( ) ( )
5. Socio Economic Status ( ) ( ) ( ) ( ) ( ) ( )
6. Lack of Religious Affiliations ( ) ( ) ( ) ( ) ( ) ( )

### DIETARY FACTORS

1. Fast Food ( ) ( ) ( ) ( ) ( ) ( )
2. High Intake of Salts ( ) ( ) ( ) ( ) ( ) ( )
3. High Intake of Refined or Processed Sugars ( ) ( ) ( ) ( ) ( ) ( )
4. Malnourished diet ( ) ( ) ( ) ( ) ( ) ( )
5. Over-dieting ( ) ( ) ( ) ( ) ( ) ( )
6. Excessive coffee/Tea drinking ( ) ( ) ( ) ( ) ( ) ( )
<table>
<thead>
<tr>
<th>PHYSICAL FACTORS</th>
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</thead>
<tbody>
<tr>
<td>1. Aging</td>
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<tr>
<td>2. Hypertension (High Blood Pressure)</td>
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<td>3. Lack of exercise/Physical Inactivity</td>
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<td>4. Physical stress</td>
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<td>5. High Serum Cholesterol</td>
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<tr>
<th>ORGANIZATIONAL FACTORS</th>
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<tbody>
<tr>
<td>1. Departmental politics</td>
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<tr>
<td>2. Job insecurity</td>
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<tr>
<td>3. Job dissatisfaction</td>
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<td>4. Job pressure/hectic job</td>
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<td>5. Poor physical conditions</td>
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<td>6. Poor relations with boss/subordinate/colleagues</td>
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<td>7. Physically demanding job</td>
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<td>8. Psychologically demanding job</td>
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<td>9. Role overload</td>
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<td>10. Rushing through work</td>
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COPING STRATEGIES CHECKLIST

Every patient adopts various strategies of coping with disease. In this checklist there are items related to different ways of coping. Put a check (✓) mark against the coping strategies which you adopt and indicate whether it is prescribed or non-prescribed by your doctor.

<table>
<thead>
<tr>
<th>BEHAVIORAL COPING STRATEGIES</th>
<th>Prescribed</th>
<th>Non-Prescribed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Engaged in fitness activities</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>(walking, stair climbing, cycling)</td>
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<tr>
<td>2. Taking care to maintain good health by exercising.</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>3. Consult with doctor or Cardiologist.</td>
<td>✓ ( )</td>
<td>( )</td>
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<tr>
<td>4. Control of body weight.</td>
<td>✓ ( )</td>
<td>( )</td>
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<tr>
<td>5. Regular physical check up.</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>6. Maintaining an adequate sleep pattern.</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>7. Take balance diet.</td>
<td>✓ ( )</td>
<td>( )</td>
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<tr>
<td>8. Seeking information on illness.</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>9. Dressing appropriately for weather conditions.</td>
<td>✓ ( )</td>
<td>( )</td>
</tr>
<tr>
<td>10. Maintaining an appropriate balance of work.</td>
<td>✓ ( )</td>
<td>( )</td>
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</tbody>
</table>
SOCIAL COPING STRATEGIES

11. Talk with wife/husband, children or other relatives about the problem. ( ) ( )

12. Discuss with friend about the problem. ( ) ( )

13. Engaged in recreational activities (e.g. watching T.V., reading, traveling, shopping etc.) ( ) ( )

14. Try to make other family members feel comfortable and understood. ( ) ( )

15. Engage in activities to help others or provide social support. ( ) ( )

AVOIDANCE COPING STRATEGIES

16. Try to reduce or manage suffering by smoking/drinking. ( ) ( )

17. Try to reduce or manage suffering by taking more tranquilizing drugs (sleeping pills etc.) ( ) ( )

18. Behavioural disengagement (giving-up the attempt to cope) ( ) ( )

19. Diverting attention from discussion on the illness. ( ) ( )

20. Arguments and fight over relatively unimportant things. ( ) ( )
21. Lack of interest. 

RELIGIOUS /SPIRITUAL COPING STRATEGIES

22. Pray for strength. 
23. Meditation and devotion to God. 
24. Visiting to holy places. 
25. Attending religious congregations. 
27. Expressing moral and religious values in daily living. 

COGNITIVE COPING STRATEGIES

28. Optimistic attitude towards life. 
29. Readjusting the style of living habits and daily routine. 
30. Prepared for the worst. 
31. Positive outlook on life 
32. Preparation for dying. 
33. Rational Thinking. 

Use of Prescribed Drugs. 

*Any Other:*
**LIFE ATTITUDE PROFILE**

**INSTRUCTIONS:**

People have different attitudes and opinions about different aspects of life and they vary in expressing the magnitude of their reactions. You are requested to respond to each of the statement and indicate the intensity of your attitude by writing the number corresponding to your response in the bracket given against each statement. While responding to each item you are required to follow the given response categories:

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<tr>
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<tbody>
<tr>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Slightly Disagree</td>
<td>Neither Agree</td>
<td>Slightly Agree</td>
</tr>
<tr>
<td>Nor Agree</td>
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<tbody>
<tr>
<td>(6)</td>
<td>(7)</td>
</tr>
<tr>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

1. I feel that some element which I can’t quiet define is missing from my life. (    )

2. I expect the future to hold more promise for me than the past has . (    )

3. A period of personal hardship and suffering can help give a person a better understanding of the real meaning of life. (    )

4. In my life I have very clear goals and aims. (    )

5. Everyone is held accountable for their life. (    )
6. I daydream of finding a new place for my life and a new identity. ( )

7. I look forward to the future with great anticipation. ( )

8. Everyday is constantly new and different. ( )

9. I think about the ultimate meaning of life. ( )

10. I feel a need to develop clearer goals for my life. ( )

11. My life is in my hand I am in control of it. ( )

12. Even though death is inevitable, I cannot help but be concerned about dying. ( )

13. I have experienced the feeling that while I am destined to accomplish something important, I cannot put my finger on just what it is. ( )

14. I think of achieving new goals in the future. ( )

15. In achieving life's goals, I have felt completely fulfilled. ( )

16. In thinking of my life, I see a reason for my being here. ( )

17. I am restless. ( )

18. Concerning my freedom to make my own choices, I believe I am absolutely free to make all life choices. ( )

19. I think I am generally much less concerned about death than those around me. ( )

20. I feel the lack of, and a need to find a real meaning and purpose in my life. ( )
21. I hope for something exciting in the future. ( )
22. I get a thrill out of just being alive. ( )
23. The meaning of life is evident in the world around us. ( )
24. I try new activities or areas of interest and then these soon lose their attractiveness. ( )
25. Death makes little difference to me one way or another. ( )
26. I am seeking a meaning, purpose, or mission for my life. ( )
27. I feel the need for adventure and "new worlds to conquer". ( )
28. My life is running over with exciting good things. ( )
29. I have discovered a satisfying life purpose. ( )
30. I seem to change my main objectives in life. ( )
31. It is possible for me to live my life in terms of what I want to do. ( )
32. I would neither fear death nor welcome it. ( )
33. Over my lifetime I have felt a strong urge to find myself. ( )
34. I feel that the greatest fulfillment of my life lies yet in the future. ( )
35. Life to me seems very exciting. ( )
36. I have been aware of an all powerful and consuming
   purpose towards which my life has been directed.

37. Before I achieve one goal, I start out towards a
different one.

38. I regard the opportunity to direct my life as very
   important.

39. New and different things appeal to me.

40. I am more afraid of death than old age.

41. I determine what happens in my life.

42. Basically, I am living the kind of life I want to live.

43. Some people are very frightened of death, but I am
   not.

44. My accomplishments in life are largely determined by my
   own efforts.