

PERCEPTIONS OF CONTROL IN HEALTH: CULTURAL CONSIDERATIONS

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INTRODUCTION

This study investigates how much the citizens of Kazakhstan feel they have control over their own health. Efforts in health promotion build on the assumption that the public sees their current health choices and behaviors as related to and causes of particular health outcomes. Research shows that different populations demonstrate variance in health beliefs and attributions of health behaviors[1]. We examined the public's perceived control over their health using the three subscales and whether these perceptions were correlated with health behaviors.

MATERIALS AND METHODS

The multidimensional health locus of control scales were used to measure variance by culture and determine levels of perceived control [2]. The multidimensional health locus of control scales (HLOC) assess participants' reports of how much control they perceive they have over their health and includes three subscales: Internal, Chance and Powerful Others. In total, 310 surveys were collected from 10 marketplaces in Astana.

PRELIMINARY RESULTS

Only preliminary results were available at the time of publishing this abstract. Mean scores on HLOC subscales were [Possible Range: 6 – 36]: Internal: 29.699 (+ 0.64); Chance: 20.817 (+ 0.849)]; and Powerful Others: 23.723 (+ 0.766). 12% of participants (24.2% of men) reported daily tobacco smoking; 10.3% (14.2% of men) reported non-daily tobacco smoking; and 76.6% (60% of men) reported that they did not smoke tobacco products. Tobacco smoking was negatively correlated (-.174) with the Powerful Others subscale.

CONCLUSIONS

Preliminary results indicate that Kazakhstani citizens who have a higher score on the HLOC Powerful Others subscale are less likely to smoke tobacco products. This preliminary finding, if confirmed in future studies, can be used to better customize health promotion efforts.

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