

Knowledge of Cardiovascular Disease and its Risk Factors Among the Public in Saudi Arabia

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ABSTRACT

Introduction: Public awareness of CVD symptoms and associated risk factors is essential for early detection and prevention. The aim of this study was to assess the knowledge of cardiovascular disease and its risk factors among the public in Saudi Arabia.

Methods: This is an online survey study that was conducted on the general public in Saudi Arabia between September and October 2024. This study utilized previously developed questionnaire tool by Awad A. and Al-Nafisi, H. Awareness scale examined knowledge of CVD including the diseases comprising this category, symptoms, and its risk factors. Predictors of higher CVD knowledge score were determined using binary logistic regression.

Results: A total of 897 individuals participated in this study. Coronary heart diseases were the most commonly identified type of CVD (48.0%). Chest pain or discomfort was the most commonly identified heart attack symptom (45.6%). The most commonly identified stroke symptom was sudden numbness or weakness of the face, arm, or leg (47.9%). The most commonly identified risk factors for CVD were smoking (46.3%), hypertension (36.0%), and obesity (28.3%). The study participants demonstrated borderline knowledge of CVD with a mean score of 12.7 (SD: 7.1) out of 25. University students, those who work as freelancers, retire, or work in the private sector, have a higher education level and demonstrated a higher possibility of being knowledgeable of CVD compared to others ($p<0.05$).

Conclusion: The study participants demonstrated borderline knowledge of CVD. Awareness campaigns are needed to enhance public knowledge of CVD. Better knowledge is associated with higher prevention rate. Further studies are needed to examine the effectiveness of interventions that aim to enhance public knowledge of CVD, including telehealth.

Keywords: Cardiovascular disease; General public; Knowledge; Risk factors; Saudi Arabia

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