

## ABSTRACT

This experimental research design was to follow up the compliance behavior of essential hypertension patients after receiving the knowledge of hypertension for one year. The sample consisted of 239 patients attending Hypertension Clinic at Siriraj Hospital. They were randomly assigned to experimental group 1, experimental group 2 and control group. The experimental group 1 received the knowledge of hypertension from researcher one by one at clinic, the experimental group 2 and their support person received the knowledge of hypertension from researcher at home, the control group received the knowledge of hypertension after the end of experiment for 3 months. Data analysis were t-test, and multiple regression technique.

The results can be summarized as follow:

1. When the compliance behavior were compared, the experimental group 1 had significantly higher in their compliance behavior than the experimental group 2 and the control group ( $P < 0.01$ ). But there was no difference between the experimental group 2 and the control group ( $P > 0.05$ )

2. When factors influencing compliance behavior were examined, the experimental group 1 were the perceived barrier of treatment and budgetting support; the experimental group 2 was the perceived severity of disease; and the control group were the perceived barrier of treatment and the relationship between the client and personal.

The research findings suggested that the nurse should be improved the health believed regarding hypertension to the patients, determined the relationship to patients and his family. The nurse must assess, find out and develop the social support of the client.