

https://dspace.org/

Lifestyle behaviours, psychological wellbeing and cardiovascular disease in women executives and senior management

Crowhurst, Rhiannon

2016

http://hdl.handle.net/10539/21824

Crowhurst, Rhiannon (2016) Lifestyle behaviours, psychological wellbeing and cardiovascular disease in women executives and senior management, University of the Witwatersrand, Johannesburg, <http://hdl.handle.net/10539/21824>

Downloaded from a DSpace repository. https://dspace.org/

MASTERS DEGREE IN ORGANISATIONAL PSYCHOLOGY:

Lifestyle Behaviours, Psychological Wellbeing and Cardiovascular Disease in Women Executives and Senior Management

By Rhiannon Crowhurst

Student Number: 463008

Supervisor: Ian Siemers

Abstract

This study investigated whether the lifestyle behaviours and psychological well-being of women executives and managers predicted their ten-year risk of developing cardiovascular disease. The sample of South African women executives and managers work in a variety of industries in the cities of Johannesburg, Durban and Cape Town. The study sought to determine the predictability of the women executives and managers' risk of developing cardiovascular disease through examining their level of alcohol consumption, level of physical exercise and the nutritional and dietary choices that they made as well as their level of depression, anxiety and stress. The data was gathered through an executive health and wellness programme and logistic regression and Chi-squared tests of association were used in conducting the analyses. The results suggested that the level of alcohol consumption and the nutritional and dietary choices made were predictive of the individual's ten-year risk of developing cardiovascular disease. Additionally, the level of anxiety was found to be associated with the risk of developing cardiovascular disease. The results suggest that both individuals and organisations should prioritise the changing of unhealthy lifestyle behaviours, specifically excessive alcohol consumption and daily dietary choices, in order to lower their risk of developing cardiovascular disease.

Date: 14.07.16