APPENDIX C

INFORMED CONSENT FORM

My name is Pratum Ruknui, a master student at the Faculty of Nursing, prince of Songkla University. You are being asked to participate in experimental research study about the effects of yoga program on stress and blood pressure reduction among hypertensive patients. The expected outcome from this study will be benefit to nursing intervention and health promotion to hypertensive patients. All information in this study will remain confidential. No name will be mentioned, the information gather will be reported as a thesis, which is a requirement for master. In this study, no physical and emotional risks will be involved. This program will be undertaken for eight weeks. During the study, you have the right to withdraw from participation anytime without any problems prior to completion of data collection. However, if you are interested in participating in this study, you will be assessed demographic data and stress. There will be two interviews regarding stress assessment: the first interview will be held before experiment then the same question will be asked at the end of eighth week. When you decide to participate in this study, you will be separated to experimental and control groups. The experimental group can practice yoga program after assess demographic data and stress whereas the control group, you can practice yoga program after the second interview at the end of eighth week. The yoga program starts the information about hypertension and followed by yoga asana 15 postures and deep relaxation that take time 63 minutes per time for three times a week throughout 8 weeks. If you practice less than 3 times a week, you will be excluded from this study. If you feel uncomfortable about participating in this study, please do hesitate to tell me.

INFORMED CONSENT FORM (continue)

There is no cost and no financial reward to participate in this study.

Thank you for participation

Pratum Ruknui

For participant

This program has been explained to me and I voluntarily agree to give my consent to participate in this study.

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(Name of participant)