****

ACIBADEM MEHMET ALI AYDINLAR UNIVERSITY

INSTITUTE OF HEALTH SCIENCES

**DISSERTATION TITLE (MUST BE WRITTEN IN BOLD WITH 14 PT FONT SIZE)**

STUDENT NAME SURNAME

PH.D. THESIS

DEPARTMENT OF …………………….

SUPERVISOR

….. Dr. ……….

SECONDARY SUPERVISOR (IF APPLICABLE)

….. Dr. .....................

ISTANBUL-2024

****

ACIBADEM MEHMET ALI AYDINLAR UNIVERSITY

INSTITUTE OF HEALTH SCIENCES

**DISSERTATION TITLE (MUST BE WRITTEN IN BOLD WITH 14 PT FONT SIZE)**

STUDENT NAME SURNAME

PH.D. THESIS

DEPARTMENT OF …………………….

SUPERVISOR

….. Dr. ……….

SECONDARY SUPERVISOR (IF APPLICABLE)

….. Dr. .....................

ISTANBUL-2024

Department:

Program:

Thesis Title:

Student’s name and Surname:

Date of Defence: …/…/….

This is to certify that I have examined this copy of the Ph.D thesis. I confirm that she/he prepared after fulfilling the specified requirements in the associated legislations before the final examining committee whose signatures are below.

Jury Member Title, Name Surname, Signature

(Supervisor of the thesis) University, Department

Jury Member Title, Name Surname, Signature

 University, Department

Jury Member Title, Name Surname Signature

University, Department

Jury Member Title, Name Surname Signature

University, Department

Jury Member Title, Name Surname Signature

University, Department

DECLARATION

I declare that this thesis work is my own work, I had no unethical behavior at any stages from the planning to the writing of the thesis, I obtained all the information in this thesis in accordance with academic and ethicel rules, I cited all the information and comments that were not obtained with this thesis work, and I provided resources in the list of references. I also declare that there was no violation of any patents and copyrights during the study and writing of this thesis.

Date

"Name Surname"

 (Signature)

# PREFACE AND ACKNOWLEDGEMENT

TABLE OF CONTENTS

[DECLARATION iii](#_Toc167096750)

[PREFACE AND ACKNOWLEDGEMENT iv](#_Toc167096751)

[TABLE OF CONTENTS v](#_Toc167096752)

[ABBREVIATIONS AND SYMBOLS vii](#_Toc167096753)

[LIST OF FIGURES viii](#_Toc167096754)

[LIST OF TABLES ix](#_Toc167096755)

[ÖZET 1](#_Toc167096756)

[ABSTRACT 2](#_Toc167096757)

[1 INTRODUCTION AND AIM 3](#_Toc167096758)

[1.1 First Level Sub Heading 1 3](#_Toc167096759)

[1.1.1 Second level sub heading 2 3](#_Toc167096760)

[1.1.1.1 Third level sub heading 1 3](#_Toc167096761)

[1.1.1.2 Third level sub heading 2 3](#_Toc167096762)

[1.1.1.2.1 Fourth level sub heading 1 3](#_Toc167096763)

[2 BACKGROUND 4](#_Toc167096764)

[2.1 First Level Sub Heading 1 4](#_Toc167096765)

[2.1.1 Second level sub heading 2 4](#_Toc167096766)

[2.1.1.1 Third level sub heading 1 4](#_Toc167096767)

[2.1.1.2 Third level sub heading 2 4](#_Toc167096768)

[2.1.1.2.1 Fourth level sub heading 1 4](#_Toc167096769)

[3 MATERIALS AND METHODS 5](#_Toc167096770)

[3.1 First Level Sub Heading 1 5](#_Toc167096771)

[3.1.1 Second level sub heading 2 5](#_Toc167096772)

[3.1.1.1 Third level sub heading 1 5](#_Toc167096773)

[3.1.1.2 Third level sub heading 2 5](#_Toc167096774)

[3.1.1.2.1 Fourth level sub heading 1 5](#_Toc167096775)

[4 RESULTS 6](#_Toc167096776)

[4.1 First Level Sub Heading 1 6](#_Toc167096777)

[4.1.1 Second level sub heading 2 6](#_Toc167096778)

[4.1.1.1 Third level sub heading 1 6](#_Toc167096779)

[4.1.1.2 Third level sub heading 2 6](#_Toc167096780)

[4.1.1.2.1 Fourth level sub heading 1 6](#_Toc167096781)

[5 DISCUSSION 9](#_Toc167096782)

[5.1 First Level Sub Heading 1 9](#_Toc167096783)

[5.1.1 Second level sub heading 2 9](#_Toc167096784)

[5.1.1.1 Third level sub heading 1 9](#_Toc167096785)

[5.1.1.2 Third level sub heading 2 9](#_Toc167096786)

[5.1.1.2.1 Fourth level sub heading 1 9](#_Toc167096787)

[6 CONCLUSION 10](#_Toc167096788)

[7 REFERENCES 11](#_Toc167096789)

[APPENDIX 13](#_Toc167096790)

[APPENDIX 1 13](#_Toc167096791)

[APPENDIX 2 14](#_Toc167096792)

[9 CURRICULUM VITAE 15](#_Toc167096793)

# ABBREVIATIONS AND SYMBOLS

# LIST OF FIGURES

[Figure 1. Figure title and explanation 6](#_Toc74903727)

[Figure 2. Figure title and explanation 7](#_Toc74903728)

[Figure 3. Figure title and explanation 7](#_Toc74903729)

# LIST OF TABLES

[Table 1. Table title and explanation 8](#_Toc74903742)

[Table 2. Table title and explanation 8](#_Toc74903743)

# ÖZET

**Tezin Türkçe Başlığı Buraya Yazılmalıdır**

**Anahtar Sözcükler:** Anahtar sözcük 1, anahtar sözcük 2, anahtar sözcük 3, anahtar sözcük 4, anahtar sözcük 5.

# ABSTRACT

**Tezin İngilizce Başlığı Buraya Yazılmalıdır**

**Keywords:** Keyword 1, keyword 2, keyword 3, keyword 4, keyword 5

# INTRODUCTION AND AIM

##  First Level Sub Heading 1

### Second level sub heading 2

#### Third level sub heading 1

#### Third level sub heading 2

##### Fourth level sub heading 1

# BACKGROUND

##  First Level Sub Heading 1

### Second level sub heading 2

#### Third level sub heading 1

#### Third level sub heading 2

##### Fourth level sub heading 1

# MATERIALS AND METHODS

##  First Level Sub Heading 1

### Second level sub heading 2

#### Third level sub heading 1

#### Third level sub heading 2

##### Fourth level sub heading 1

# RESULTS

## First Level Sub Heading 1

### Second level sub heading 2

#### Third level sub heading 1

#### Third level sub heading 2

##### Fourth level sub heading 1



Figure 1. Figure title and explanation



Figure 2. Figure title and explanation



Figure 3. Figure title and explanation

Table 1. Table title and explanation

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Table 2. Table title and explanation

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

# DISCUSSION

## First Level Sub Heading 1

### Second level sub heading 2

#### Third level sub heading 1

#### Third level sub heading 2

##### Fourth level sub heading 1

# CONCLUSION

# 7 REFERENCES

1. Alıcı M. Obez Hastalar Verilen Davranış Modifikasyonu Eğitiminin Etkinliği. M.Ü. Sağlık Bilimleri Enstitüsü, Yüksek Lisans Tezi, İstanbul, 2007 (Danışman: Prof. Dr. R Pınar).
2. Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992, 1561- 1565.
3. Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC). The Seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (NIH Publication No. 03-5233). Washington, DC: U.S. Department of Health and Human Services 2003
4. Guyton AC, Hall JE. Textbook of Medical Physiology. 1996; Tıbbi Fizyoloji. 9. baskı, Çeviren: Çavuşoğlu H, İstanbul: Nobel Tıp Kitabevleri Ltd. Şti., 2000.
5. Appel LJ. Lifestyle modification as a means to prevent and treat high blood pressure. J Am Soc Nephrol 2003; 14 (Suppl 2):S99-S102.
6. Gibbs JT, Huang LN, Weiss PJ. (Eds), Hypertension Manner. 10th ed, Tokyo: Mc Graw Hill, 2006.
7. Pınar R. Disordered eating behaviors among Turkish adolescents with and without Type 1 diabetes. J Pediatr Nurs 2005; 20(5):383-388.
8. Gibbson GG, Skett P. Introduction to Drug Metabolism. 3rd edition. London: Chapman & Hall Ltd, 2001.
9. Grolier Inc. Grolier Multimedia Encyclopedia for IBM. Version 13.2 [CD-ROM], Novato 2006.
10. Merriam-Webster’s Collegiate Dictionary. 10th ed, Boston: Merriam-Webster, 2003.
11. Haas LB. Chronic complications of diabetes. Nurs Clin North Am 1976; 20(3):71-76. In: Lowe LP, Lia K, Greenland P. Diabetes, asymptomatic hyperglycaemia, and 22 year mortality in black and white men. Diabetes Care 1980; 13(8):163-170
12. Hatemi H, İlkova H, Yılmaz T.. Endokrin Hastalıklar ve Tedavisi. İstanbul, Nobel Tıp Kitabevleri Ltd Şti., 2000: 543-592.
13. Roel JP, Hildebrant CL, Grimm RH. Management of hypertension: Contributions of clinical trials. J Clin Hypertens 2000; 2(3):198-203
14. Oğuz A, Bağrıaçık N, İpbüker A. Ülkemizdeki diyabet prevalans çalışmalarına genel bakış. Diyabette Yönelimler 2007:3(1) [Electronic Journal] <http://www.medscape.com/viewarticle/474880?src=search>,
15. Writing Group of the PREMIER Collaborative Research Group. Effects of comprehensive lifestyle modification on blood pressure control. JAMA 2003; 289(16):2083-2093
16. Steinke J. Hypertensive Diabetics. in Hypertension Manners. Gibbs JT, Huang LN, Weiss PJ, Eds 10th ed, Tokyo, Mc Graw Hill: 2006, 1033-1098.
17. Gutman L. Spinal Cord Injuries: Comprehensive management and research 2nd edition. London: Blackwell Scientific Publications, 1976:353-354.
18. Roel JP, Hildebrant CL, Grimm RH. Quality of life with nonpharmacologic treatment of hypertension. Curr Hypertens Rep 2001; 3(6):466-472.
19. Yıldız H. Hipertansiyonlu hastalarda yaşam tarzı modifikasyonu. Hemşirelik Bülteni 2002; 21(12):63-68.
20. SPSS Inc. SPSS for Windows. Version 11.00, Chicago**.** 2007.
21. T.C. Resmi Gazete. Ölçüler ve Ayar Kanunu***.*** Sayı: 3516, Başbakanlık Basımevi, Ankara. 21 Ocak 1989.
22. Whelton PK, Chin A, Xin X, He J. Effect of aerobic exercise on blood pressure: A meta-analysis of randomized, controlled trials. Ann Intern Med 2002; 136(7):493- 503.
23. Gibson GG, Skett Paul. Introduction to Drug Metabolism 3rd edition. London: Chapman & Hall Ltd, 2001.

# APPENDIX

# APPENDIX 1

## APPENDIX 2

# 9 CURRICULUM VITAE

**Personal Information**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | **Surname** |  |
| **Place of Birth**  |  | **Date of Birth** |  |
| **Nationality** |  | **Phone** |  |
| **E-mail** |  |

**Education**

|  |  |  |
| --- | --- | --- |
|  | **Institution Name** | **Graduation Year** |
| **Doctor of Philosophy** |  |  |
| **Master of Science** |  |  |
| **Undergraduate** |  |  |
| **High School** |  |  |

**Work Experience**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Position** | **Corporation** | **Duration** |
| **1.** |  | - |
| **2.** |  | - |
| **3.** |  | - |

|  |  |  |  |
| --- | --- | --- | --- |
| **Language** | **Reading\*** | **Speaking****\*** | **Writing\*** |
|  |  |  |  |
|  |  |  |  |

**\*** Evaluated as advenced, good, intermediate, beginner

|  |  |
| --- | --- |
|  | **Foreign Language Exam Results #** |
| KPDS | ÜDS | IELTS | TOEFL IBT | TOEFL PBT | TOEFL CBT | FCE | CAE | CPE | OTHER |
|  |  |  |  |  |  |  |  |  |  |

**#** All Successful exams should be enrolled.

**#** KPDS: Kamu Personeli Yabancı Dil Sınavı; ÜDS: Üniversitelerarası Kurul Yabancı Dil Sınavı; IELTS: International English Language Testing System; TOEFL IBT: Test of English as a Foreign Language-Internet-Based Test TOEFL PBT: Test of English as a Foreign Language-Paper-Based Test; TOEFL CBT: Test of English as a Foreign Language-Computer-Based Test; FCE: First Certificate in English; CAE: Certificate in Advanced English; CPE: Certificate of Proficiency in English

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Quantitative** | **Equally Weighted** | **Verbal** |
|  |  |  |  |
|  |  |  |  |

**Computer Skills**

|  |  |
| --- | --- |
| **Program** | **Ability to Use** |
|  |  |
|  |  |
|  |  |

**\*** Evaluated as advenced, good, intermediate, beginner

**National and International Publications/Posters/Certificates/Prizes/Others**