

ABSTRACT

Introduction: Symptoms due to uric acid accumulation cannot be known quickly, people only become aware of gout after the pain appears in the joints, the skin around the joints looks swollen and reddish, sometimes accompanied by high fever. People who suffer from gout have a decreased quality of life, therefore it is important to maintain a healthy diet, stress management and knowledge related to the disease. The purpose of this study was to analyze the relationship between knowledge, stress levels and diet with the incidence of gout.

Methods: the design of this study was a cross-sectional study, with the independent variables namely knowledge, stress and diet and the dependent variable was the incidence of gout. The sample size in this study was 63 respondents with gout with a simple random sampling technique, and data analyze used spearman rank test. **Results:** Most of the respondents had good knowledge (69.8%), a mild level of stress (82.5%) and a good diet (84.1) results for knowledge were obtained, namely a significance value of 0.000 and a coefficient a correlation of 0.562, for stress levels, a significance value of 0.000 and a correlation coefficient of 0.499, for eating patterns, a significance value of 0.000 and a correlation coefficient of 0.639. **Conclusion:** There is a strong relationship between knowledge and the incidence of gout, there is a significant relationship between stress levels and the incidence of gout, and there is a strong relationship between eating patterns and the incidence of gout.

Keywords: Uric acid, knowledge, stress level, diet