

Table 4: The association between lifestyle and the post-stroke cognitive impairment among Lebanese stroke survivors.

		3 months post stroke			6 months post stroke			12 months post stroke		
		No cognitive impairment	Cognitive impairment	p-value	No cognitive impairment	Cognitive impairment	p-value	No cognitive impairment	Cognitive impairment	p-value
Smoking status										
	<i>No smoker</i>	12 (38.7)	34 (37.0)	NS	18 (28.1)	27 (48.2)	0.024	25 (34.2)	19 (43.2)	NS
	<i>Ex-smoker</i>	7 (22.6)	27 (29.3)		17 (26.6)	16 (28.6)		19 (26.0)	13 (29.5)	
	<i>Current smoker</i>	12 (38.7)	31 (33.7)		29 (45.3)	13 (23.2)		29 (39.7)	12 (27.3)	
BMI										
	<i>Normal weight</i>	11 (36.7)	41 (44.6)	NS	27 (42.9)	22 (39.3)	NS	30 (41.7)	18 (40.9)	NS
	<i>Overweight</i>	11 (36.7)	31 (33.7)		23 (36.5)	19 (33.9)		27 (37.5)	13 (29.5)	
	<i>Obesity</i>	7 (23.3)	19 (20.7)		12 (19.0)	14 (25.0)		14 (19.4)	12 (27.3)	
	<i>Morbid obesity</i>	1 (3.3)	1 (1.1)		1 (1.6)	1 (1.8)		1 (1.4)	1 (2.3)	
Mediterranean diet										
	<i>No</i>	4 (12.9)	16 (17.4)	NS	10 (15.6)	9 (16.1)	NS	9 (12.3)	9 (20.9)	NS
	<i>Yes</i>	27 (87.1)	76 (82.6)		54 (84.4)	47 (83.9)		64 (87.7)	34 (79.1)	
Regular physical activity (≥ 30min/day)										
	<i>Non</i>	25 (83.3)	81 (90.0)	NS	51 (83.6)	52 (92.9)	NS	58 (82.9)	42 (95.5)	NS
	<i>Oui</i>	5 (16.7)	9 (10.0)		10 (16.4)	4 (7.1)		12 (17.1)	2 (4.5)	
Sedentary duration										
	<i>1 to 6 hours/day</i>	20 (64.5)	14 (16.1)	<0.001	32 (53.3)	2 (3.6)	<0.001	31 (45.6)	2 (4.5)	<0.001
	<i>7 to 11 hours/day</i>	8 (25.8)	33 (37.9)		20 (33.3)	21 (38.2)		25 (36.8)	16 (36.4)	
	<i>≥ 12 hours/day</i>	3 (9.7)	40 (46.0)		8 (13.3)	32 (58.2)		12 (17.6)	26 (59.1)	
Social support										
	<i>low level</i>	6 (19.4)	28 (30.4)	NS	17 (26.6)	15 (26.8)	NS	17 (23.3)	15 (34.1)	NS
	<i>Normal level</i>	25 (80.6)	64 (69.6)		47 (73.4)	41 (73.2)		56 (76.7)	29 (24.8)	