

Annual Conference on

# Women and Maternal Nutrition and Care

Aug 31-Sep 01, 2018 | Toronto, Canada

## Effect of education based on health belief model on prevention of osteoporosis in female employees of Guilan University of Medical Sciences

Nasrin Mokhtari Lakeh, Abolhasani Z, Emami A and Kazemnejad E  
Guilan University of Medical Sciences, Iran

**Introduction:** Osteoporosis is one of the disasters of the century and millions of people worldwide are suffering from this silent and asymptomatic disease. Therefore in case of lack of prevention and treatment, it may show itself as bone fracture for the first time.

**Objective:** Study aimed to determine the effect of education based on the health belief model on osteoporosis prevention among female administrative employees of Guilan University of Medical Sciences in Rasht city in 2014

**Methods:** This is a semi-experimental pre-post study. A total of 110 female staff working in Guilan University of Medical Sciences were randomly selected. Data were collected in three stages before, immediately and one month after intervention using a psychometric questionnaire including knowledge, health beliefs and self-confidence levels for physical activity and adequate calcium intake based on health belief model constructs. Also, demographics of the participants were collected. The data were analyzed with the original version of the statistical software SPSS 22 using Mann-Whitney, Wilcoxon and t-tests.

**Results:** Before the intervention, there was no significant difference between the mean scores of the different structures of this model in the two groups, but after the intervention in the experimental group, the mean score of the knowledge and model constructs (perceived sensitivity, perceived severity, perceived benefits and barriers for physical activity and calcium intake) significantly increased ( $p < 0.0001$ ). In the self-confidence section regarding exercise activity and calcium intake, the mean difference between the experimental and control groups was significant after the intervention.

**Discussion:** Health Belief Model can be used as a framework for designing and implementing educational interventions for disease prevention. Therefore for promoting behavior and especially changing long-term behavior, other patterns are suggested.

### Biography

Nasrin Mokhtari Lakeh has a Masters degree in community health nursing graduated from University of Southern Mississippi in 1988. She has 25 years experience as Faculty member of Guilan University of Medical Sciences and currently serving for the fourth year as Dean of Shahid Beheshti Faculty of Nursing and Midwifery.

lakeh.nasrin@gmail.com

### Notes: