

عنوان مقاله:

The Relation between Lifestyle and High-risk Behaviors in Drivers Visiting the Cargo Terminal of Yazd

محل انتشار:

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خلاصه مقاله:

Background: Drivers are more exposed to unhealthy lifestyle due to their working conditions. Therefore, the present study was aimed to investigate the relation between lifestyle and high-risk behaviors in drivers visiting the Cargo Terminal of Yazd. Methods: This cross-sectional study was carried out in ۲۰۱۷ in the Cargo Terminal of Yazd. Convenience sampling was performed. Data were collected using two questionnaires, a lifestyle and a researcher-made high-risk behaviors questionnaire. Data were analyzed by independent t-test, one-way ANOVA and Logistic Regression using SPSS version ۲۲. Results: The results indicated that ۵۹.۳% were smokers, ۴۴.۹% hookah users, ۲۴% drug users, and ۶۵.۳% had relation with someone other than. There was a significant correlation between lifestyle and smoking and also drug use. Income and the number of days away from family showed a significant relation with all the high-risk behaviors. Marital status had a significant relation with hookah use and the relation with their wife. Also, education had a significant relation with hookah use and drug use. Conclusion: Conducting intervention programs to prevent the use of various tobacco products and also the use of appropriate preventive measures to prevent the transmission of sexually transmitted diseases can play an important role in improving lifestyle and reducing high-risk behaviors in drivers.

کلمات کلیدی:

High-risk behaviors, Lifestyle, Drivers

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