

## عنوان مقاله:

Knowledge and Practice of Secondary Girl Students of Birjand in Relation to Iron Deficiency Anemia and Iron Supplementation in ۲۰۱۵

## محل انتشار:

مجله بهداشت و توسعه، دوره 6، شماره 2 (سال: 1396)

تعداد صفحات اصل مقاله: 10

## نویسندگان:

Asma Tiyuri  
Marziyeh Torshizi  
Tayebeh Akbari  
Amir Tiyuri

## خلاصه مقاله:

Background: Iron deficiency is the most common nutritional problem in the world that has affected the physical and mental health of many adolescent girls. The aim of the present study was to determine the knowledge and practice of secondary girl students of Birjand about iron deficiency anemia and iron supplementation in schools. Methods: This cross-sectional study was conducted in ۲۰۱۵ on ۳۰۰ girl students in the secondary schools of Birjand who were selected through cluster sampling. Data collection was carried out using a questionnaire containing demographic variables, ۱۸ questions about knowledge and ۷ questions for practice. Data were analyzed through SPSS۱۸ and using Chi-square, Fisher's exact test and Pearson correlation coefficient. Results: Mean scores of knowledge and practice of students were respectively  $61.4 \pm 13.3$  and  $59.9 \pm 11$  of ۱۰۰. Knowledge of ۱۳.۳% of students and practice of ۱۲% of them was good, while ۲۵.۷% of students had poor knowledge and ۲۳.۳% had poor practice. From all, ۱۳.۳% had not consumed iron tablets distributed at school. Knowledge of students showed a significant relationship with father's (P=۰.۰۱۳) and mother's education (P=۰.۰۰۹) and students' practice had a significant relation with father's job (P=۰.۰۱) and mother's education (P=۰.۰۰۰۱). Conclusion: Given the results of this study showing relatively poor awareness and practice of students; planning and implementation of educational programs to improve students' knowledge and practice on anemia, prevention of iron deficiency and correct consumption of iron supplements, seems necessary.

## کلمات کلیدی:

Anemia, iron deficiency, awareness, Practice, Students

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1221425>

