

## عنوان مقاله:

The Impact of Health Education based on the Health Belief Model on Improving Osteoporosis preventive Behavior among Women

## محل انتشار:

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## خلاصه مقاله:

**Background:** In all populations, bone mass decreases with age, so the researchers in this study sought to study the application of the health belief model (HBM) for adopting preventive behaviors on osteoporosis among women. **Methods:** This was a quasi-experimental research conducted on ۶۴ middle-aged women (۳۲ in test and ۳۲ in control group). Data collection tools were a questionnaire based on HBM model with demographic questions, the food frequency questionnaire and the standard questionnaire of physical activity. After confirming the content validity and reliability, questionnaires were completed before and ۶ weeks after the intervention. Data analysis was conducted using descriptive statistics (frequency, percentage, mean  $\pm$  SD) and analytical statistics (correlation coefficient, paired t- test and covariance) and through SPSS ۱۶ at the significance level of ۰.۰۵. **Results:** Before the intervention, the mean score of HBM model constructs were not significantly different between the two groups. After the intervention, and by controlling for confounding variables the two groups showed significant differences in variables of knowledge, perceived severity, perceived self-efficacy, cues to action, perceived benefits and Calcium intake ( $p < ۰.۰۵$ ), while they showed no significant difference in regard to constructs of perceived susceptibility, perceived barriers and physical activity. **Conclusion:** The use of health belief model was effective in adopting the prevention of osteoporosis and improving calcium intake in women, but it did not lead to the desired results in regard to improving physical activity behavior.

## کلمات کلیدی:

Lifestyle, Health Belief Model, Osteoporosis

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