

عنوان مقاله:

Educational Program and Sitting Posture Improvement among Female Student

محل انتشار:

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خلاصه مقاله:

Aims: This study aimed to investigate the efficacy of educational intervention on sitting posture in female student studying in high school in Izeh, Iran. **Instruments and Methods:** Current study was performed in two schools in Izeh city of Iran. Ethical approval and informed consent was obtained from the participants. One hundred and forty six (N=146) participants from these schools were randomly allocated to an intervention (n = 73) or control group (n = 73). The intervention included two group-based sessions. The control group received usual educational. Data collection was conducted by Nordic questionnaire and a researcher-made questionnaire. Data were analyzed by SPSS 16 software, using independent t-test and Chi-square test. **Findings:** The mean age of participants in this study in the intervention and control groups were 16.15 ± 0.88 and 15.95 ± 0.81 years respectively. The intervention group had significant improvements compared with the control group. In intervention group significant differences were found in score of knowledge, attitude and sitting behavior before and after of intervention ($P < 0.05$). **Conclusions:** This study showed that educational intervention was effective in improving proper sitting and maintaining the status of the spine.

کلمات کلیدی:

Musculoskeletal Disorder, Posture, Knowledge, Attitudes, Practice

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