

## عنوان مقاله:

Effect of an Educational Intervention on Sitting Behavior of Female Student among High School of Izeh, Ahvaz, Iran:  
A Protocol Study

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 4، شماره 2 (سال: 1398)

تعداد صفحات اصل مقاله: 3

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## خلاصه مقاله:

**Aim:** Students spend a lot of time at the school in sitting. While sitting in the wrong position, they put pressure on the muscles, ligaments, lumbar joints, intervertebral discs and other muscles. The purpose of the present study is to investigate the impact of health education program on sitting behavior of female student of high school of Izeh, Ahvaz, Iran. **Instrument and Method:** This study is a semi- experimental (field trial) in which two secondary high schools in the Izeh, one school as the control group and one school as the intervention group, will be selected randomly. The data collection tool will include Nordic Musculoskeletal Questionnaire (NMQ) and a researcher – made questionnaire to assess knowledge, attitude and behavior of participants regarding sitting principles on the bench while listening to the lesson. The training programme will be run in three one –hour sessions including an one-hour lecture and questioning / answering session that is awareness-raising session, an one-hour group discussion regarding beliefs, and one-hour session regarding watching educational movies for training behaviours on how to sit properly on the bench. Data will be collected at the beginning of the study and three months after intervention form both groups. Once these steps will be implemented, the results will be analyzed through chi-square, T-test, and paired T-test using SPSS .version ۲۱

## کلمات کلیدی:

Musculo Skeletal Disorder (MSD), Educational Intervention, Sitting Behavior, High school Student

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1249917>

