

## عنوان مقاله:

Comparison of Effects of Different Educational Programs on Vitamin D Levels of Middle-aged Women

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 3، شماره 2 (سال: 1397)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

**Aims:** Vitamin D is a fat-soluble vitamin and essential nutrient for metabolic and physiological processes in the human body. Vitamin D is a vitally important substance for the body due to its role as vitamin and hormone. The aim of the present study was to assess the effects of different educational programs on vitamin D level of middle-aged women. **Materials and Methods:** This cross-sectional experimental study was conducted during spring and summer seasons (Six months) in Karaj, Iran, in ۲۰۱۷. Sampling was performed randomly from middle-aged women (۳۰-۵۹ years old with vitamin D deficiency) that refer to comprehensive health centers. ۲۴۰ middle-aged women were selected and randomly divided into ۴ equal groups (n=۶۰ in each group). Preventive behaviors education, supplemental usage education, combination of preventive behaviors and supplemental usage education and control were considered for first to forth groups respectively. After ۶ months intervention, the vitamin D serum level in all subjects was measured. The data were analyzed by Independent t test, one way analysis of variance and post hoc test using SPSS ۲۱ software. **Findings:** All of intervention groups had significant difference with control group ( $p < ۰.۰۵$ ). The level of vitamin D for group ۳ was significantly higher than the other groups ( $p < ۰.۰۵$ ). There was no significant difference between groups ۱ and ۲ ( $p > ۰.۰۵$ ). **Conclusion:** The preventive behaviors and supplementation usage are effective to compensate vitamin D deficiency in middle-aged women, but the combination of preventive behaviors and supplemental usage is more effective.

## کلمات کلیدی:

Food Assistance, Vitamin D deficiency, Behavior, Drug supplement

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