

عنوان مقاله:

Effect of Educational Intervention Based on Theory of Planned Behavior on the Reduction of Water Pipe Smoking in Women

محل انتشار:

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خلاصه مقاله:

Aims: In modern communities, smoking is one of the most important causes of illness, disability, and premature death. It is regarded as a pervasive health problem in the world. The risk of death in the tobacco consumers is ۸۰-۹۰% higher than ordinary people. The aim of this study was to investigate the effect of educational intervention based on theory of planned behavior on the reduction of water pipe smoking in women. **Materials & Methods:** This quasi-experimental study was conducted on women over ۱۵ years in Bandar Abbas who smoke water pipe at least once per day in ۲۰۱۵. The subjects were selected by multi-stage cluster sampling method from four health centers and randomly divided into intervention (N=۶۴) and control (N=۶۴) groups. Data were collected using a valid and reliable questionnaire based on the theory of planned behavior constructs and demographic information before and after the intervention. Data were analyzed by SPSS ۱۹ software using independent t-test and Mann-Whitney test. **Findings:** Before intervention, the mean score of behavioral intention and subjective norms had no significant difference between two groups ($p>۰.۰۵$), but after intervention a significant difference was observed between two groups ($p<۰.۰۰۱$). Also, there was no significant difference between before and after intervention in control group ($p>۰.۰۵$), but in intervention group the mean score of research variables significantly increased after intervention compared to before intervention ($p<۰.۰۰۰۱$). **Conclusion:** Educational intervention based on theory of planned behavior is effective on the reduction of water pipe smoking in women.

کلمات کلیدی:

Behavioral Intention, Subjective Norms, Women, Water Pipe Smoking

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