

## عنوان مقاله:

Determinants of Health Promoting Lifestyle Behaviors in Hospital Staff of Guilan University of Medical Sciences

## محل انتشار:

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## خلاصه مقاله:

**Aims:** Due to the complexity of various factors threatening the health of nurses and the influences of their activities on patients' well-being, their lifestyle promotion is of great importance. The aim of this study was to evaluate the determinants of health-promoting lifestyle behaviors among Rasht hospitals medical staff in Guilan, Iran. **Instruments & Methods:** This descriptive cross sectional analysis was conducted to study health-related lifestyles of ۲۴۴ hospitals staff of Guilan University of Medical Sciences in ۲۰۱۵. Health-Promoting Lifestyle Profile II (HPLP-II) Questionnaire was completed by the respondents. The samples were selected through classified random sampling method. The data were analyzed, using Chi-square test, Mann-Whitney, Kruskal-Wallis, Spearman correlation coefficient, and logistic regression method via SPSS ۲۰ software. **Findings:** The mean HPLP-II score was  $۱۳۷.۸۲ \pm ۵.۲۰$ . Among the aspects of health-promoting lifestyle behaviors, physical activity and stress management had the lowest score. There was a significant relationship between work experience and stress management ( $r=۰.۱۷۱$ ;  $p=۰.۰۱۲$ ). Gender and educational level showed a significant relationship with the level of physical activity ( $p<۰.۰۵$ ). **Conclusion:** The present study showed a low level of physical activity and stress management as two important healthy lifestyle behaviors. It is recommended that training programs focus more on these two aspects.

## کلمات کلیدی:

Health Promotion, Lifestyle, Hospital Medical Staff

