

عنوان مقاله:

Correlation between Maternal Health Literacy and Dietary Self-Efficacy in Pregnant Mothers

محل انتشار:

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خلاصه مقاله:

Aims: Health literacy becomes increasingly important in understanding the prenatal perception of risk by pregnant women. Maternal understanding of and perception of risk may have an impact on mothers' willingness to follow antenatal recommendations. This study aimed at investigating correlation between maternal health literacy and dietary self-efficacy in pregnant mothers. Instruments & Methods: In this cross-sectional descriptive-analytical study, ۱۲۰ pregnant mothers were selected from health centers in Mashhad city, Iran in ۲۰۱۶. The subjects were selected through multi-stage cluster random sampling method. Data were collected using Maternal Health Literacy and Pregnancy outcomes Questionnaire and Perceived Dietary Self-efficacy Questionnaire. The obtained data were analyzed by SPSS ۱۵ software and using descriptive statistics (mean, standard deviation, and frequency) and analytical statistical tests (independent t-test, ANOVA, Turkey's Post hoc test and Pearson correlation test). Findings: There was a positive and significant correlation between maternal health literacy and dietary self-efficacy ($r=0.29$; $p=0.001$). Significant relationships were found between maternal health literacy and educational level, incomes, and living place ($p<0.05$). But dietary self-efficacy had only a significant relationship with incomes ($p<0.05$). Conclusion: There are the .significant correlation between maternal health literacy and self-efficacy in pregnant mothers

کلمات کلیدی:

Health Literacy, Pregnant Women, Diet, Self-Efficacy

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