

عنوان مقاله:

Effect of Educational Intervention Based on Self-efficacy Theory on Adherence to Dietary and Fluids-intake Restriction in Hemodialysis Patients

محل انتشار:

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خلاصه مقاله:

Aims: Hemodialysis patients experience numerous problems in the fields of self-care in adherence to dietary and fluids-intake restriction. For increasing their self-care, they require controlling these problems. This can be done with the education based on a behavior change theory, this study attempted to determine the effect of the educational intervention based on SET (Self-efficacy Theory) on adherence to diet and fluid-intake restriction in patients with hemodialysis. **Materials & Methods:** The present study is a randomized clinical trial that was conducted on 70 hemodialysis patients of Qom City in 1396 (35 in the trial group, 35 in the control group). The data were collected by demographic questionnaire, self-efficacy (SUPPH) and researcher-made validated and relied questionnaire of adherence to dietary and fluids-intake restriction (8 and 6 questions, respectively) in two steps (before and three months after education). The educational program was performed for the trial group in two half-hour sessions. The data were analyzed by SPSS 16, using paired-test, Independent t-test, Chi-square and Mann-Whitney test. **Findings:** Before the test, there was no significant difference in adherence to dietary ($p=0.49$) and fluids-intake restriction ($p=1.00$). After training, significant differences were observed between the two groups in adherence to dietary ($p<0.001$) and fluids-intake restriction ($p<0.001$). There was significant difference between pre-test and post-test in the control group ($p<0.05$). **Conclusion:** The educational intervention based on Self-efficacy Theory has the effect on adherence to diet and fluid-intake restriction in patients with hemodialysis.

کلمات کلیدی:

Hemodialysis, Self-Efficacy, Education, Diet

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