عنوان مقاله:

Effect of Educational Intervention Based on the Extended Parallel Process Model on the Adoption of Behaviors Preventing Physical Injuries from Working with Computers among Female Employees

محل انتشار:

مجله آموزش و سلامت جامعه, دوره 8, شماره 3 (سال: 1400)

تعداد صفحات اصل مقاله: 7

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خلاصه مقاله:

Aims: Using correct ergonomic principles is the main preventive factor while employees use computers. This study aimed to investigate the effect of applying the Extended Parallel Process Model in adopting preventing behaviors of physical injuries caused by the computer on female employees of comprehensive service health centers. Materials and Methods: This semi-experimental study was performed on ۱۶۶ female employees of the Health Centers of West Ahvaz in ۲۰۱۸-۲۰۱۹. Participants were selected by census method, and after completing the pre-test questionnaire, they were randomly divided into two experimental groups and one control group. The educational intervention was performed based on the Extended Parallel Process Model by sending a daily educational SMS for one month. Two months after sending the last SMS, participants completed the research questionnaire again. Data were analyzed by SPSS ۲۲ software using ANOVA, Kruskal-Wallis, paired T, Wilcoxon, and Friedman tests. Findings: There was no significant difference between the scores of the Extended Parallel Process Model constructs in the experimental and control groups before the intervention (P>۰.۰۵). A significant difference was observed in the mean scores of the perceived sensitivity and severity, response effectiveness, self-efficacy, and behavior in the intervention groups two months after the intervention (P<۰.۰۵). Conclusion: Training by the Extended Parallel Process Model enabled the test group participants to be in a position to adopt protective behavior. The findings showed that focusing on high-performance content messages promotes preventive behaviors for computer-assisted physical injuries.

کلمات کلیدی:

Extended Parallel Process Model, Vision Disorders, Musculoskeletal Diseases,

الگوی فرایند موازی توسعه یافته, اختلالات بینایی, اختلالات اسکلتی-عضلانی

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