

عنوان مقاله:

Exercise behaviors of infertile women at risk of osteoporosis: Application of the health belief and the transtheoretical models

محل انتشار:

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خلاصه مقاله:

Aims: We aimed at investigating the association between health beliefs and exercise behavior in infertile women who were at risk of developing osteoporosis. **Methods:** This cross-sectional study was conducted in Sanandaj city, west of Iran in ۲۰۱۸. From ۳۵ comprehensive healthcare centers, ۴۸۳ infertile women were included in the study through convenience sampling. Standardized face-to-face interviews were conducted using established, reliable instruments for the assessment of exercise behavior behavior and health beliefs. Logistic regression models were applied to assess the association between exercise behavior and health beliefs. Estimates were adjusted for age, job status, income, literacy, and duration and type of infertility. We reported estimated logits and Odds Ratios (OR) with corresponding ۹۵% confidence intervals (۹۵% CI). **Findings:** Employed women compared to housewives had substantially higher odds of adopting exercise behavior behaviors (OR=۳.۱۹, ۹۵% CI=۱.۵۳-۶.۶۶, $p<۰.۰۱$). Moreover, the odds of exercise behavior adoption increased with self-efficacy (OR=۱.۳۵, ۹۵% CI=۱.۲۰-۱.۵۲, $p<۰.۰۱$), and decreased with perceived barriers (OR=۰.۹۰, ۹۵% CI=۰.۸۴-۰.۹۷, $p<۰.۰۱$). **Conclusions:** It is essential to increase perceived self-efficacy and reduce perceived barriers to promote EB in infertile women. Consequently, health professionals should develop or adopt appropriate strategies to decrease barriers and increase self-efficacy to enhance exercise behavior .in this group of women

کلمات کلیدی:

.Infertility, Women, Exercise, Osteoporosis

