عنوان مقاله:

The Effect of Training Based on Developed Parallel Process Model on Weight of Women with High Body Mass Index: A Cluster Randomized Trial

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خلاصه مقاله:

Background & aim: Changing lifestyle before pregnancy is necessary to avoid the consequences of obesity in pregnancy. This study was performed to investigate the effect of training based on extended parallel process model (EPPM) on the weight of women with high body mass index before pregnancy. Methods: In this two-group cluster randomized trial, ۶۰ eligible women participated. Experimental and control groups were randomly selected from two comprehensive healthcare centers in Mashhad, Iran. Data collection tools included a questionnaire based on the constructs of the extended parallel process model and Baecke Physical Activity Questionnaire. The experimental group received the national nutrition guidelines based on EPPM constructs including threat as well as efficacy and the control group received the same content in a routine way. Participants' weight was measured before, two and four weeks after the intervention.Results: The two groups were homogeneous in terms of demographic and obstetric characteristics. The mean changes of construct of threat before, two and four weeks after the intervention in the experimental group compared to the control increased by ۴.۸۴ and ۳.۵۹ times, respectively, which was statistically significant (P<۰.۰۵). The mean changes of construct of efficacy before, two and four weeks after the intervention in the experimental group and also the mean weight loss four weeks after the intervention was not statistically significant.Conclusion: Further studies are needed to confirm the effectiveness of this model for weight loss and its role in increasing the perceived efficacy of overweight women at the pre-pregnancy stage.

کلمات کلیدی:

Weight, prenatal care, Obesity, Extended parallel process model, Body mass index

لینک ثابت مقاله در پایگاه سیویلیکا: