

عنوان مقاله:

The Health Belief Model's Application in the Development of Health Behaviors

محل انتشار:

فصلنامه آموزش بهداشت و ارتقا سلامت, دوره 9, شماره 5 (سال: 1400)

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خلاصه مقاله:

Introduction: As part of any program, it is essential to identify the multiple factors influencing behavior. In the present study, an attempt has been made to overview this model's concepts and mention some strategies for developing health behaviors using this model. The health belief model is one of the first models to introduce theories from behavioral sciences into the field of health to solve health problems. A group of psychologists first developed this model in the ۱۹۵۰s to help explain why people do not use health services such as chest x-rays for tuberculosis screening and smallpox immunization. Conclusion: People are afraid of the disease, and the degree of fear or the perceived threat encourages people to take health practices. The Health Belief Model was used to develop messages that motivate people to make decisions. This model helps to identify behaviors, identify points where behavioral changes need to be made, and make decisions easier.

کلمات کلیدی:

Health Belief Model, Health Behaviors, Health Programming, Behavioral Sciences

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