

عنوان مقاله:

The Effect of Cognitive-behavioral Counseling Provided by a Midwife on Preventive Behaviors of Osteoporosis in Middle-aged Women

محل انتشار:

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خلاصه مقاله:

Background & aim: The effectiveness of preventive interventions on osteoporosis have been already investigated, but there is little information on the impact of cognitive-behavioral counseling (CBC) on prevention of osteoporosis. The present study aimed to determine the effect of CBC, provided by a midwife, on preventive behaviors of osteoporosis in middle-aged women. **Methods:** This randomized controlled trial was conducted in ۲۰۲۰ (Feb - June) on ۶۲ middle-aged women (۴۵-۶۰ years old) referring to the health centers in Dezful, south of Iran. The participants were allocated into intervention (n=۳۱) and control group (n=۳۱) using block randomization design. For the intervention group, eight weekly sessions of CBC based on preventive behaviors against osteoporosis were held by a midwife. The control group received routine care. Data were collected using demographic and obstetric data questionnaire, Food Frequency Questionnaire (FFQ), and International Physical Activity Questionnaire (IPAQ), before and eight weeks after the intervention. Data were analyzed by SPSS software (version ۲۲). **Results:** Before the intervention, there was no significant difference between the two groups in terms of osteoporosis prevention behaviors. After the intervention, the frequency of consumption of dairy products ($P=۰.۰۰۱$), vitamin D ($P=۰.۰۰۲$), and calcium supplements ($P=۰.۰۱۲$); bone density measurement ($P=۰.۰۰۱$); and the amount of using sunlight ($P=۰.۰۰۱$) significantly increased in the intervention group compared to the control group. The mean index of energy consumed in the form of physical activity did not show a significant difference between the two groups ($P=0.۸۵۲$). **Conclusion:** CBC, as a non-pharmacological and safe method, can be used to promote preventive behaviors against osteoporosis.

کلمات کلیدی:

Cognitive behavioral therapy, Counseling, Osteoporosis, Middle Aged

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