

## عنوان مقاله:

Knee Osteoarthritis Preventive Behaviors in Women over 40 Years referred to Health Centers in Shiraz, Iran:  
Application of Theory of Planned behavior

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 2، شماره 1 (سال: 1396)

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## خلاصه مقاله:

Background: Adopted healthy lifestyle known as changing the high risk behaviors to protective behaviors regarding Knee Osteoarthritis (KO) prevention. This study aimed to evaluate the preventive behaviors of KO in women over 40 years referred to health centers in Shiraz, Iran. Materials and Methods: This cross-sectional study randomized 151 women over 40 years, who referred to the health centers in Shiraz in 2016. Data were gathered using a questionnaire including demographic questions and measures based on the Theory of Planned Behavior (TPB) constructs regarding KO. Data were analyzed using SPSS software version 22. Results: The mean age of the participants was  $53.17 \pm 12.41$ , and the mean of Body Mass Index (BMI) was  $76.62 \pm 4.9$ . The participants' knowledge and behavior were low. Attitude, subjective norms, and intention in people were going to be at a moderate level. Among knowledge, attitude, and perceived behavioral control, there was a significant correlation between behavior and performance ( $P < 0.5$ ). The TPB constructs explained 41% of the variance in preventive behaviors of knee osteoarthritis. Conclusion: According to this study, designing and implementing theory-based training programs have a significant effect on promoting preventing behaviors of KO. Thus, adopting a healthy lifestyle is recommended for women

## کلمات کلیدی:

Knee Osteoarthritis, Theory of Planned Behavior (TPB), Women

## لینک ثابت مقاله در پایگاه سیویلیکا:

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