

عنوان مقاله:

Health Promoting Behaviors in Pregnant Women: A Cross-Sectional Study

محل انتشار:

هفتمین کنگره منطقه ای دانشجویان دانشگاه علوم پزشکی ایلام (سال: 1397)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Armin Aslan - Medical student, Student Research Committee, Islamic Azad University, Tabrizbranch, Tabriz, Iran

Azita Fathnezhad Kazemi - Department of Midwifery, Tabriz Branch, Islamic Azad University, Tabriz, Iran

خلاصه مقاله:

Background and Aim: The adoption of a health promoting lifestyle is an important strategy for achieving the desired outcomes of pregnancy and is effective in the future health of the mother and child. The aim of this study was to evaluate the adoption of health promotion behaviors in pregnant women. **Methods:** This cross-sectional descriptive-analytic study was conducted in Tabriz in 1396. 360 pregnant women were enrolled in based on a multistage cluster sampling. The data were collected with self-report method, using a demographic and obstetric check least and Health Promotion Behaviors (HPLPII) questionnaire, SPSS Ver. 21 was used for data analysis. **Results:** The mean (SD) of health promoting lifestyle among pregnant women was 135.21(20.03). Among the different dimensions of the health promoting behaviors the highest means were in self-actualization 26.84(4.90) and nutrition 26.17 (4.22) and the lowest scores related to stress management dimensions 19.80 (3.78) and physical activity 16.71 (4.14). **Conclusion:** Based upon the results, levels of health promoting behaviors in pregnant women were undesirable. Health promotion and healthy lifestyle need to be an integral part of health services provided for pregnant women

کلمات کلیدی:

Lifestyle, Health Promotion, Pregnancy

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/891128>

