

عنوان مقاله:

Effectiveness of a Training Program based in PRECEDE Model on Fruit and Vegetable Consumption among Female Students

محل انتشار:

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خلاصه مقاله:

Background Fruit and vegetable consumption increases students health and growth and strengthens their mental activities. The present study aimed to investigate a training program based on PRECEDE model on fruit and vegetable consumption by female students in high schools of Fasa, Iran. Materials and Methods This is a quasi – experimental study. The research sample includes 100 female high school students in Fasa city, Fars Province, Iran, who were randomly assigned to two groups of control (n=50) and experimental (n=50) groups. Data collection instrument was a questionnaire that included items on demographic characteristics and the PRECEDE model components (knowledge, attitude, enabling and reinforcing factors and performance). Educational intervention for the experimental group was carried out in four sessions which each lasting 55 to 60 minutes, and subjects were followed for 2 months. The questionnaires were administered to both groups before and 3 months after the intervention. The collected data was analyzed by SPSS version 18.0 statistical software. Results The average performance score of experimental and control groups regarding fruits and vegetables consumption was 15.15 ± 2.44 and 14.96 ± 2.12 (before the intervention) and 28.22 ± 2.22 and 16.1 ± 11.32 (after the intervention). Mean scores of predisposing (knowledge and attitude), reinforcing, and enabling factors showed a significant difference in the experimental group in comparison the control group ($P < 0.05$). Conclusion The significant increase in student performance scores regarding fruits and vegetables consumption at the end of the study indicates the positive effect of education on promoting knowledge and changing attitudes of individuals. Therefore, the design and implementation of the training program based on the PRECEDE-PROCEED model can promote healthy eating habits and increase fruits and vegetables consumption among students.

کلمات کلیدی:

Fruit, Precede Model, Students, Vegetable

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