

عنوان مقاله:

The effect of a program designed based on PRECEDE-PROCEED model on adolescents' mental health and their parents' participation

محل انتشار:

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نویسنده:

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خلاصه مقاله:

Background: Parents have high motivation to provide mental health promotion for their adolescents, but cannot treat them effectively due to the lack of knowledge and an organized model to do accordingly. Aim: To evaluate the effect of an educational program based on PRECEDE- PROCEED Model on adolescents' mental health and their parents' participation. Method: The study was a randomized controlled clinical trial that was carried out on 66 parents referred to health centers of Mashhad, along with their teenage sons in 2011 who were randomly assigned to two experimental and control groups. Dimensions of mental health of adolescents was measured by GHQ-28 (General Health Questionnaire). Then intervention program consisted of 8 60-minutes sessions was carried out for experimental group for two months. One month after the intervention, adolescents' mental health was again measured. Data were analyzed with SPSS Version17 software using independent and paired t-test and chi-square. Results: A significant increase was seen in the score of mental health of adolescents in the experimental group compared to the control group ($P=0.003$). Also the score of knowledge ($P=0.021$), attitude ($P=0.001$) and the behavior of parents' participation ($P=0.014$) had a significant increase after intervention. Conclusion: PRECEDE-PROCEED model is useful in designing health promotion programs, therefore it is suggested that the training of this model to be considered in nursing curriculum.

کلمات کلیدی:

Parents' participation, Mental health, Adolescent, Precede-Proceed model

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