

عنوان مقاله:

Nutritional behaviors of pregnant women based on BASNEF model

محل انتشار:

سومین کنگره بین المللی چالش های بالینی در مامائی، زنان و نازائی (سال: 1398)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Background and Aim : One of the changes in pregnancy is the change in the diet and plan of pregnant mothers. Inappropriate weighting during this period is associated with many problems including increased risk of cesarean section. One of the useful models in health education is the BASNEF model. The BASNEF model is used to study behavior and planning to change it and to determine the factors that influence people's decision making. This study aimed to investigate the nutritional behaviors of pregnant women based on BASNEF model. **Methods :** This cross-sectional study was performed on 360 pregnant women referred to Tabriz health centers by cluster sampling. Data were analyzed using individual-social questionnaires, Health Promoting Lifestyle-II questionnaire (HPLP-II) and researcher-made questionnaire based on BASNEF model components (Attitude, Awareness, Subjective Norms, and Enabling Factors). Data were analyzed using Pearson correlation test, independent t-test, one-way ANOVA. **Results :** The mean (standard deviation) total score of the subdomain nutrition questionnaire was 24.65(4.75) out of the attainable score range of 9 to 36. Also, the mean (standard deviation) of BASNEF model components including knowledge of behavior 45.30 (10.80), attitude towards behavior 19.98 (2.40), subjective norms of 9.30 (2.82) and enabling factors of 2.47 (1.74) were the attainable scores of (0-100), (8-24), (0-20) and (0-6), respectively. Based on multivariate tests, there was a significant relationship between knowledge with job, attitude with educational level and place of residence, and enabling factors with gestational age. **Conclusion :** Considering the importance of proper weight gain for pregnant women, it is hoped that the results of the present study can inform the health system's importance regarding nutrition and BASNEF model structures.

کلمات کلیدی:

Nutritional Behavior, Pregnancy, BASNEF Model

