

عنوان مقاله:

The Effect of Education Based on the Health Promotion Model on Awareness about Menopause among Healthcare Volunteers in Kashan

محل انتشار:

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خلاصه مقاله:

Background and Objectives: Menopause, the beginning of a new era in the life of a woman, like all the other stages of life can create some problems, which threaten the women's health. The aim of this study was to examine the effects of education on the awareness of female health volunteers about menopause in the city of Kashan based on the health promotion model in 2016. **Materials and Methods:** In this semi-experimental study, 280 female health volunteers in the cities of Kashan and Aran Bidgol were selected by simple random sampling in 2016. The health volunteers' knowledge of menopause was compared before and 6 months after the training. The theoretical framework used in this study was the structures of Pender's health promotion model. Data were collected through a questionnaire and analyzed using correlation tests and regression analysis with the SPSS software. **Results:** The results showed that the mean age of the participants was 30.05 ± 5.17 years (age range, 18–43). The mean score of knowledge before training was 7.6 ± 3.75 and after the intervention was 7.81 ± 6.4 , which was increased. There was a significant difference between the mean scores of knowledge before and after the training ($P < 0.001$ and $t = 33.5$). The results showed a significant difference in the mean scores of the health promotion model before and after the training ($P = 0.05$). **Conclusion:** The results of the present study showed the positive impact of education based on the health promotion model on the knowledge of the volunteers about menopause. It is recommended that some training and research programs be performed to select the optimal training methods for volunteers, and strengthen their scientific knowledge and empower them. Given that the health volunteers have a close relationship with the community, training them can change the health behaviors, reduce the cost of healthcare, and improve the health status of the community.

کلمات کلیدی:

Education, health promotion model, health volunteers, menopause

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