Title: Effects of education on self-monitoring of blood pressure based on BASNEF model in hypertensive patients

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Abstract: Introduction: Hypertension is one of the most important health problems. Hypertension monitoring in the house may be an effective method for controlling this disease. The aim of this study was to determine the effectiveness of education on blood pressure self-monitoring in patients with hypertension based on BASNEF model.

Materials and Methods: In this clinical trial, 150 outpatients with hypertension were randomly chosen from private sectors in Yazd, Iran in 2008. They were divided in two groups (75 in case group and 75 in control group). The data were collected by a validated and reliable questionnaire. The implementing educational program was continued for 2 months and the pre-test and post-test had an interval of 2-months. BASNEF model was applied to explain the motivation of a behavior. Descriptive analysis, correlation test and also regression analysis were used. All patients had signed the written consent form. This study was approved by the research council and the ethical committee of the Shahid Sadoughi University of the medical Sciences, in Yazd.

Results: The respondents acquired 17.72% of total hypertension self-monitoring behavior score, 47.03% of attitude, 12.37% of subjective norms, 33.46% of intention and 50.95% of enabling factors. After intervention there were significant increases in self-monitoring behavior (173.31%), attitude (62.60%), subjective norms (54.70%), intention (129.93%) and enabling factors (46.62%) in intervention group. There was no significant difference between the constructs of BASNEF model in control group after intervention compared to the baseline values (p>0.05).

Conclusion: The results of this study showed that the level of self-monitoring behavior in the patients was low. Educational programs, in order to improve self-monitoring behavior in patients with hypertension are helpful and necessary.

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