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| **Title:** Determine Predictors of Walking Behavior In Patients With Type2 Diabetes In City of Yazd Based on Health Belief Model |
| **Authors:** 1- Baghianimoghadam MH  
2- Hadavandkhani M*  
3- Shirazi J  
4- Mohammadi M  
5- Fallahzadeh H |

**Abstract:** Introduction: Diabetes is a common disease that can lead to metabolic abnormalities and chronic complications. Today, the positive role of physical activity and exercise, especially walking in health human society and has been approved in prevention and control many complications including diabetes.

Materials and Methods: In This cross-sectional study on 111 type 2 diabetes patients referring to Yazd Diabetes Research Center were selected randomly. Data collecting was done by a questionnaire with health belief model structures (knowledge, perceived susceptibility, severity, benefits, barriers, self efficacy & cues of action) and demographic variables and questions walking behaviors. Reliability and validity were assessed and were approved, data analyzed were using the spss and making descriptive statistics, the correlation coefficient and regression testes.

Results: 111 individuals with type 2 diabetes of both sexes (78 females and 33 males) with mean age of 44 / 7 ± 18/49 were participated in this study. 102 (9 / 91%) were married, 49/5% of them were educated under the diploma. Average score of knowledge and walking behavior were, 22 / 3 ± 93 / 6 and 73 / 3 ± 46 / 4 showing that subjects only 43/12% of maximum score Consumer awareness and gain 31/85% of the maximum score won the walking behavior. The results of this study show were correlation between walking behavior and knowledge (p<0/02) and r=0/221, behavior and perceived severity (P<0/03) and r=0/201, behavior and perceived benefits (P<0/01) and r=0/234.

Conclusion: According to this study behavior of walking was weak & It seems that the use of theoretical based models such as Health Belief Model can be effective on predict weakness of walking and as a framework can be used for the implementation of educational interventions to control diabetes.

**Health Belief Model-Walking-Type 2 Diabetes**

**Presentation:** Poster