Title: The effect of education based on Health Belief Model on osteoporosis prevention among pregnant women refer to Arak health centers

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Abstract: Introduction: Osteoporosis is a systemic skeletal disorder, characterized by reduction of bone mass, deterioration of bone structure, increasing bone fragility, and increasing fracture risk. Prevention of osteoporosis is one of the most important issues in World Health Organization. By now researches that study on mother in osteoporosis prevention is not performed so this study was designed in order to evaluate effectiveness of HBM model in osteoporosis prevention among pregnant mothers refer to Arak health centers.

Methods and materials: In this study quasi-experimental that one hundred fifty pregnant women participated. The subject divided in two group experimental group and control group (each group is 60 women). Data collected with a questionnaire based on HBM and checklist about prevention of osteoporosis in order to evaluated the effectiveness of education program. Before intervention questionnaires were completed. Then the educational intervention was performed. Educational intervention in the form of four training sessions using lectures, group discussions, dialogue, more there training packages (posters, pamphlets and pictures) After one month data were gathered again and then analyzed.

Results: The mean age of cases and controls, respectively 26.7±4.7 and 23.4±4.4 years and mean duration of gestation, respectively 23.2±11 and 23.4±10 weeks don't significant (P>0.05).

Research findings showed that knowledge, self efficacy health behavior action for osteoporosis prevention were in low stage. After intervention perceived barriers decreased in case group and pregnant mother's health behavior action for osteoporosis prevention was increased.

Conclusion: With knowledge, perceived susceptibility, severity and benefits and self efficacy increasing, perceived barriers decreased and health behavior action for osteoporosis prevention was increased. So this model is suggested to other health centers.

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