Title: The effect of mothers' educational program based on health belief model on participating for hypothyroid screening test of their 3 to 5 day infant at birth – Chadegan township health center year 2008

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Abstract: Introduction: The congenital hypothyroidism is a disorder which has one in 1000 incident rate in the country, including several disorders and cervical incurable dysfunction for all life. In these case, not only the individual engage, but also all her/his family employ in this incurable disease. But, this disease and phenomena is preventable as well as controllable. Since, the congenital hypothyroidism has no sing at the birth time and late diagnosis and postponing treatment (after 28 days at birth) can causes mental retardation, short tall, and def. therefore, all infants need to be screening test at 3 to 5 days at birth for diagnosis and hypothyroid prevention. The studies indicated that the mothers do not their infants' screening test at appropriate time (3 to 5 days at birth). The purpose of this study was to develop and implement pregnant mothers' educational intervention program based on Health Belief Model (HBM) in order to affect the mothers doing their infants screen test at golden
time.

Method: Ninety pregnant mothers who are in last month of their pregnancy participated voluntarily in this study. All mother randomly divided in two group; experimental group (45 mother) and control group (8 of 45 mothers drop out of the study). The experimental group attended in 5 educational sessions classes. The control group (37 mother) has participated in routine educational education and care program as well as concerning hypothyroid screening test. The questionnaire for measuring and evaluating knowledge, and HBM components scores (perceive susceptibility, severity, benefit, and barrier; and cues to action) was used among two group and the questionnaire completed before and after intervention. Also, the data related to the mothers attended for hypothyroid screening test during the 3 to 5 day at birth was recorded. All data was collected and analyzed using statistics software.

Results: The data showed that the average scores of mothers knowledge related to hypothyroid and essential of infants screening among two group was very low (lower that 50%), but the average scores of HBM components were higher that 50% and there was no significant deference between tow groups. The average scores of knowledge as well as HBM components significantly were different between experimental group and control group and before intervention. The result of independent T-test showed significantly deference between all HBM components among two group (p<0.001). Furthermore, comparison of average days of mothers attended for screening of their infants indicated the experimental group (mean= 3.60) were significantly lower that control group (mean=6.75).

Discussion and Conclusion: The knowledge of mother related to the series of hypothyroid and its prevention were lower than we expected. In conclusion, the mothers need to be educated related to their infant hypothyroid prevention, and applying HBM as a conceptual frame work for educational program highly recommended for effecting participation of mothers' infants screening test during 3 to 5 at birth.

Health Belief Model, Pregnant Mother, Congenital hypothyroidism.

Presentation: Poster