Title: The effect of Participatory Reproductive Health Education by means of computer on self sufficiency among adolescents

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Abstract: Introduction: Adolescence is one of the three critical periods of life with a variety of developmental changes in which the reproductive health plays a key role towards the general healthiness. Participation of adolescents in their health education programs can improve the quality and sustainability of their effect. The present study prepares a computerized reproductive health program based on the needs of adolescents (15-18 years), in order to improve knowledge, attitude and self sufficiency about reproductive health in Tehran City, Tehran, Iran.

Methodology: This is an interventional study carried out in zone 17 of Tehran. At first an initial qualitative phase of research was completed which consisted of 12 sessions of focus group discussions among adolescents which facilitated and analyzed by adolescents. Reproductive health educational computerized package (Multimedia CD) was developed according to data extracted from discussions. Also adolescents conveyed their message through playing a movie. In intervention phase 100 samples was selected from a municipality cultural center in zone 17 of Tehran through stratified randomized sampling. Tools for data collection were a valid questionnaire. The impact of intervention assessed through pretest and post test. Data were analyzed using the Statistical Package for Social Science version 11/5.

Result: Qualitative information showed that the knowledge of adolescent about reproductive health is insufficient and superficial. Also there was false attitude towards relationship with opposite sex in boys and girls. Results of intervention showed that knowledge (P=0.01), attitude towards person with HIV/AIDS (P=0.00) and self sufficiency (Girls: P = 0.01, Boys: P = 0.02) has improved significantly after education.

Conclusion: The study findings suggested that participation of adolescents in health education and using computerized attractive method can be considered as an effective approach for improving their reproductive health.

Presentation: Oral