**Title:** Effect of health belief model based intervention on promoting preventive behaviors about osteoporosis among the second grade middle school girl students in Isfahan (2010)

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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 in during childhood and adolescence is one of the most important issues in World Health Organization. The purpose of this study was to determine Effect of health belief model based intervention on promoting preventive behaviors about osteoporosis among the second grade middle school girl students.

Materials and Methods: This is an experimental intervention study, the research population being 130 students that were randomly divided to groups, experimental (66) and controls (64). Before of the educational program, standard questionnaire health belief model based and physical activity questionnaire were filled out for both groups. The standard questionnaire was completed 3 times (before, immediately and 2 months after education) and physical activity questionnaire was completed 2 times (before and 2 months after education) by students. After pre-test, 6 educational session classes in experimental group were performed. Finally data collected and analyzed by SPSS18 computer software.

Results: The result of this study, showed a significant increasing in the mean score of the knowledge, perceived susceptibility, seriousness, benefits, barriers as well as taking health action among girl students in experimental group.

Conclusion: The findings of current study confirmed the practicability and effectiveness of the Health Belief Model - Based educational program on the students protective behavior related on osteoporosis.

**Keywords:** Education, Osteoporosis, Health Belief Model, Student, Calcium intake, Physical activity

**Presentation:** Poster