### Title: The comparison of the theory of planned behaviour base educational intervention and lecture on the physical activities of Kerman Health Center’s staff

### Abstract

Background: It has been estimated that physical inactivity causes around 2 million deaths in the world each year. Globally, it is estimated to cause about 10-16% of cases each of breast cancer, colon cancers, and diabetes, and about 22% of ischaemic heart disease. This study is carried out based on comparison of educational intervention through the theory of planned behavior base and lecture base on the physical activities of Kerman Health Center's staff.

Methodology: This is a before and after quasi experimental research. This study, implement on 78 and 71 persons of Kerman province health Center's staff and health city Center’s staff in two groups of theory base intervention. Through a questionnaire provided by the researcher, the constructs of this theory were measured before and after interventions. The theory base intervention was used based on TPB intervention for 6 weeks for Kerman province health Center’s staff and for the other group just lecture was used.

Findings: The findings reveal that both groups didn’t have any significant difference before intervention based on demographic characteristics. And also before interventions, there was no significant difference between the grade point average of both groups of constructs of theory (p>0.05). After interventions there was a significant increase in the mean of knowledge and behavioral intention of theory base group’s grades and in the other group only behavioral intention was increased (p<0.05). And other constructs didn’t have demonstrated any significant difference. Also in mean difference of grades constructs of theory didn’t have revealed any significant difference between both groups.

Conclusion: The 6 weeks implementation of theory of planned behavior base and lecture base has shown no significant effect on the physical activities of Kerman Health Center’s staff.

- physical activity -health education-intervention

### Presentation: Poster