Title: The Predictive Healthy Behaviors of Puberty among Female Adolescents of Gonabad based on Behavioral Intention Model

Background: Puberty is most important stage of life with physical and psychological changes. If is not considering issues of puberty girl's health and self-confidence they will be difficulty. Preparation and planning for adolescent girls should be done with mature relationship based on training needs. This study aimed to determine training needs of girls in high school Gonabad puberty health plans based on behavioral intention model (BIM) was performed.

Methods: In this cross-sectional study 200 high school girl students of gonabad city were surveyed. Samples as a cluster randomized were selected. They were selected based on multi-stage clustering. A questionnaire that was designed based on behavioral intention model (BIM) used for data collection including demographic data knowledge and attitude questions and subjective norms.

Results: The average score of knowledge was 56/23+ 2/67 and for attitude it was 63/25+5/77. Pearson correlation coefficient showed a significant relationship between knowledge and attitude (P<0/001&r=.477) .There was a significant relationship between knowledge and attitude with by analyst variation Analyzing the questions of subjective norms showed that the most important attitude norm at school was %15/63 by the teachers and it was% 67/18 at home by mothers impact on students 34/4 percent of these individuals had a weak knowledge

Conclusion: To perform health behaviors by girls we should pay special attention to three factors including knowledge, attitudes, and abstract norms. Also health education about puberty should be continued in high schools.

Behavioral Intention Model; Girl Adolescent; Puberty

Presentation: Poster