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**Title:** The comparative research about the effect of puberty health education on health behaviors of secondary school girls in region 1 of Tehran 87

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**Abstract:**
Introduction: Adolescence is one of the most important and valuable period of life for everyone. It is a critical period that include puberty. The most important changes of adolescence is puberty. It is the turning point of adolescent's life. Health education can perform most important role for preventing and solving the problems of puberty ages.

Material and methods: In this Quasi Experimental researches the effect of health education (independent variable) on puberty health behavior(dependent variable) of girl students through 3 information sources (mothers, teachers and community health nurse) was studied. We compare these sources to understand which of these sources are more effective. Data collection tool were questionnaire. Anova and pair t test were used for statistical analysis.

Results: Results showed that there weren't any differences in total average score of health behaviors (in 9 items) before intervention through 3 educational groups, but the differences were meaningful after intervention. Comparison of the average scores before and after intervention in every 3 groups, showed that the differences were meaningful ($P_{mothers} = 0.005$, $P_{teachers} = 0.001$, $P_{nurse} = 0.001$).

Conclusion: Totally, in this study we found that teaching puberty health behaviors by mothers, teachers and community health nurses were effective and these educations by 3 sources results improving adolescent girl’s health behaviors. Educating health behavior by nurses were more effective than conveying information by teachers or mothers (community health nurse > teachers > mothers). Totally, teaching the puberty health educations through 3 mentioned reliable and trusted educational sources can improves health behaviors of adolescent girls and we can get help from these sources (exactly nurses) in schools.

**Key words:** Health Education, Puberty Health, adolescence, Health Behaviors

**Presentation:** Poster