Title: Stages of change of inter-dental cleaning behavior based on Transtheoretical Model among Pre-university students in Yazd, Iran

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Abstract: Introduction

Teeth-mouth diseases include the cost between 10-5% of the total of cost of health care and have the damaging effects on childhood and high ages. Transtheoretical Model shows change of behavior dynamically and anticipate time of that. The purpose of this study was to determine Stages of change of inter-dental cleaning behavior based on Transtheoretical Model in male and female students in Yazd, Iran.

Materials and Methods

This cross-sectional study was performed on pre-university 361 students of 8 schools that were selected via the cluster sampling. The instrument for collecting the information were questionnaires consisting of demographic characteristics, self-efficacy questions, and decisional balance (perceived advantages and perceived obstacles) and stages of change .reliability and validity of questionnaires had been confirmed. The data collected by interview and analyzed by SPSS.

Results

In this study 54.8% female and 45.2% males participated that the mean age of them was 17.35 ± .55 years. Stage %50(59 student) of students were in pre contemplation stage. Other participants were 5.3 % (19) in contemplation, 24.1 % (87) in preparation, 6.8% (31) in action and 12.5% (5) in maintenance stage.

There was a positive significant relationship among stages of change with self-efficacy (r=0.33) and perceived benefits (r=0.19) also existed negative significant relation between stages of change and perceived barriers (r= -0.19) Constructs of the model were statically significant predictors of stages of change and accounted for 0.15% of the variation that self efficacy was the most importance predictors (β=0.212).

Discussion

In this study, most of students were in pre contemplation stage. They will be probably exposed to dental caries. Not only Trans-theoretical Model can be a model to determine strategies to each stage of change of teeth-mouth self-care Behavior but can also use in educational interventions.

Trans-theoretical Model, self-efficacy, decisional balance, Oral self-care behavior

Presentation: Poster