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Title: The Effectiveness of Life Skills Workshops Holding on Housewives’ General Health in Tabriz in 1388.

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Abstract: Objectives: The multidimensional health and resulting improvement in life is a part of essential human goals; on the other hand, mother’s mental and physical health has a great effect on children's multidimensional growth. Therefore, nowadays mental disturbance of family health is an important problem to provide healthy family with much emphasis on mothers’ idea, mind and body.

Methods: Present research is a semi-experimental study (pre-test, post-test with control group). After finishing education in 2 stages (with 6 months interval) post-tests were carried out and the results were compared.

The instrument used in this research was General Health Questionnaire - 28(GHQ-28) in which four indices of somatic, anxiety and depressive symptoms and social function were examined.

The people tested in this research were housewives conferred to educational workshops on life skills among that 200 were in control and 200 in experiment group.

Results: Before education, the two groups showed no difference in general health index. But the outcomes showed that there was a significant difference both in the first ($F = -7.09, d.f = 1, p<0.05$) and in the second post-test ($F = -10.08, d.f = 1, p <0.001$). Details relating to general health factors will be reported elsewhere.

Conclusion: Promotion of health, education and individual capabilities must be taken into consideration. Because contrary to other family life aspects, it can be simply examined and improved. The effect of multidimensional educations are important because education to one member of the family especially “mother” causes inspiration of instructions to all of the family members and improvement of family health.

Keyword: Life skill - general health-women-housewife
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