Title: Application of Health Belief Model to promote preventive behaviors in at high risk individuals for developing type II diabetes mellitus

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Abstract: Introduction: prevention of type II diabetes mellitus is an important step to reduce prevalence and burden of diabetes mellitus. Planning of theory based educational intervention could be useful for this purpose. The aim of this study is the application of Health Belief Model (HBM) to promote the preventive behaviors in at high risk individuals for developing type II diabetes mellitus in Taft city.

Methods: Ninety-eight subjects by three criteria (BMI≥30kg/m2, Age≥30 years and first-degree relatives of patients with type II diabetes mellitus) were randomized to either a control and intervention group. Educational intervention program was performed to intervention group during the two sessions. Data were gathered by using self administered questionnaire via face to face interview, before and two months after educational intervention program and were analyzed using SPSS 11.5 software and suitable statistical tests.

Results: The findings showed that two months after educational intervention program, the mean scores of perceived susceptibility, perceived severity, perceived benefits, perceived self efficacy and preventive behaviors in intervention group significantly increased (P≤0.001, P≤0.01, P≤0.001, P≤0.001, P≤0.01, respectively). Findings also showed the significant decrease in mean scores of perceived barriers in intervention group (P≤0.001), but results did not show the significant variation in mean score of HBM subscales and preventive behaviors in control group.

Conclusion: The findings of this study showed efficacy of intervention program in HBM framework to promote the preventive behaviors in at high risk individuals for developing type II diabetes.

Key words: Preventive behaviors, Type2 diabetes, Health Belief Model

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