**ID: 898**

**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011

**Title:** Effects of mother's training about complementary feeding on enabling, predisposing and reinforcing factors based on PRECEDE model

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**Abstract:** Background: Childhood malnutrition rates rose significantly at 6 months of age when complementary foods start by mother. The problematic complementary feeding practices are associated with mother's poor knowledge, lack of information and being restricted by traditional beliefs. It is essential to give necessary knowledge and information to alter their inappropriate feeding behaviors. The aim of the study was to determine the effect of mothers training on enabling, predisposing and reinforcing factors based on PRECEDE model on complementary feeding in infants 6 to 12 months.

**Method:** This was a quasi-experimental study within which 62 mothers with infants 6-12 months selected randomly among the documents in health centers, NOOR city. Data were collected by a questionnaire that contain demographical and predisposing, enabling, reinforcing factor based on PRECEDE model. The validity and reliability of the scale were approved. A self-prepared questionnaire was completed by the mothers before and after the educational program that implemented through group discussion, lectures and pamphlet. Data were analyzed using pair t-test and independent t-test in the SPSS software.

**Result:** The results demonstrated that the mean scores of predisposing factor before the educational intervention was 75±21.3 that after intervention the mean score (84±8.87) increased significantly (p<0.001). And, also, the mean scores of enabling factors before intervention was 64.7±21.3 which increased significantly (p<0.001) after intervention. But no differences were found in reinforcing factor before and after intervention.

**Conclusion:** Predisposing and enabling factors in mothers were found to be the important factors in the complementary feeding in infants that need to be considered carefully in designing the educational program.

**Key words:** complementary feeding, PRECEDE, infant

**Presentation:** Poster