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**Title:** The effect of health education based on HBM model on knowledge, attitude and practice of gorgan middle school student about anemia.

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**Abstract:**

Introduction: iron deficiency is a most important cause of anemia, the health belief model (HBM) is usage in prevention, the aimed of this research is the effect of health education based on HBM model on knowledge, attitude and practice of gorgan middle school student about anemia.

Materials and Methods: This is a quasi-experimental study, done on 400 students of grade three in middle school of gorgan city, that were randomly divided into experimental and control groups. Data collection tool was a questionnaire including 51 questions based on health belief model in dimensions of perceived susceptibility, perceived severity, perceived benefits and barriers and cues to action in prevention of anemia. After the data collection and sort of them analysis performed by SPSS software and T test and chi-square tests and p-value <0.05 considered as significant.

Results: finding show that the difference between knowledge and attitude about anemia before and after intervention is statistic significant. Before of intervention the knowledge of 20.1% weak, 74.1% moderate and 5.2% is good, after intervention this ranges respectively reach to 13.1%, 74.7% and 12.1% (p-value <0.05). Favorable attitude before intervention was 18.1% weak, 78.4% moderate and 12.1% good and after intervention is respectively reach to 5.6%, 70.5% and 23.9% that is statistic significant. About practice is not significant deference. the finding show that the mean score of all dimension of health belief model in Intervention group (except for perceived benefit and barriers) after educational intervention compared to Before intervention was increased significantly and also the mean score of all parts of HBM after intervention was significantly increased in intervention group compared to control group.

Conclusion: This study finding show that education based on HBM model can be affected on student knowledge and attitude toward anemia. Therefore performance of educational plan for student in large scale can increase knowledge and change attitude and improvement practice about anemia in student.

**Keywords:** Health education, health belief model, anemia, middle school students

**Presentation:** Poster