Title: Use of Health Belief Model to examine High school female students’ Osteoporosis prevention behaviors, Arak, Iran

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Abstract: Introduction: Osteoporosis is a disease in which bones gradually loose mass and structure. Hip fracture is the most frequent and serious complication of osteoporosis. Since the majority of bone mass develops during puberty, the best time to start taking steps to prevent osteoporosis is during the teenage years. Being considered as a high risk group, teen girls make up 14 percent of the country’s population. The focus of this study was on the examination of osteoporosis preventive behaviors based on health belief model among high school girls.

Method: This descriptive study used a survey method. Multi-stage sampling method was used to reach the participants (209 high school female students). Data was analyzed using SPSS statistical software. Descriptive statistics were used to analyze collected data.

The data gathering instruments were two questionnaires. One questionnaire covered demographic information and the other questionnaire, Osteoporosis Health Prevention belief Scale, was prepared based on the Health belief Model. The questionnaire consisted of 25 questions which covered the following domains: knowledge; barriers; benefits; perceived susceptibility and perceived severity; cues to action and individual perceived beliefs in capabilities to execute prevention behaviors. Validity and reliability of the Osteoporosis Health Prevention Belief Scale has been proved in the previous studies (α=.8).

Result: The mode age was 16 years (42.1%). Most of participants live in private home (89%) with their parents and 44% of participants rated their economic status at good level.

Research findings showed the mean of knowledge score, the mean self-efficacy scores and perceived barriers were 33.1 ± 12, 26.1±4 and 21.3±19 respectively. The result indicated low level of benefits, perceived susceptibility and severity. Majority of participants (75%) received their information from friends and family and the school role in providing information was negligible.

Conclusion: These results may be useful in planning educational intervention programs based on health education models. Osteoporosis prevention education should be included in high school curriculum.

Key words: Osteoporosis, Health Belief Model, Knowledge, High school female students

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