Title: THE STUDY OF EFFECT OF EDUCATION ON FAMILY PLANNING PRACTICE USING TRANSTHEORETICAL MODEL (TTM) IN ZAHEDAN HEALTH CENTERS WOMEN CLIENTS IN 2009

Abstract: Introduction: In last decade, world population has grown faster, approximately 93% of this growth has occurred in Africa, Asia, and Latin America. Trend of Iran population growth in last century shows that during 92 years Iran population has grown six-fold. The only way of solving this problem is, using effective family planning methods.

Objectives: This study aimed to increase the family planning practice among women with the use of transtheoretical model in zahedan suburb.

Materials and method: This study is semi experimental with intervention (44 women) and control (52 women) group, 96 women between 15-49 years old were studied in two areas almost with similar socio-cultural field. Data were collected by constructed researcher questionnaire that its validity with content validity and reliability with Cronbach were proved .Intervention group according to their stage of change received necessary education and both groups were followed after 3 months .Data were analyzed by spss (t- test, paired t- test).

Result: approximately all women in intervention group showed progress in at least one stage. From eleven people in precontemplation in intervention group 27% went to contemplation, 27% preparation, 45% action stage.

In the control group all people in precontemplation stayed in the same stage, variation rate in knowledge and attitude and practice (using contraceptive) between two groups were significant.

Conclusion: education based on TTM can be effective to change, attitude, knowledge and practice (using contraceptive), going ahead during the stage of change

Key words: education, contraceptive, TTM

Presentation: Oral