Title: Application of health belief model for predicting osteoporosis-protective behaviors among Iranian women

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Abstract: Introduction: Osteoporosis is one of the major problems among women and older people. The disease may continue its progress until even a slight twisting or bending motion may cause bones to fracture and break. Risk factors for developing osteoporosis include controllable factors such as nutrition, physical activity level, smoking, and consumption of alcohol, and uncontrollable factors like sex, family history, and ethnicity. Many people in any ages appear to be unaware of the risk factors and preventive behaviors. Preventing osteoporosis, and subsequent fractures, had become a goal of many health care practitioners. The purpose of this study was to describe relationship health belief model components with the practice of osteoporosis-protective behaviors among a random sample of Iranian women.

Methods: This study is a cross-sectional study among 400 women over 40 who referred to health center in Hamadan, Iran. Sampling was performed via random classification and data were collected by standard questionnaire. A questionnaire was developed to measure each of the expanded health belief model components. Data were analyzed by SPSS-13.

Results: Perceived severity has a significant relationship with performing preventive behaviors. Also there was a significant relationship between having a person with osteoporosis in the family, age, education, occupation, knowledge and performing preventive behaviors (p < 0.05). Conclusion: As it revealed by statistical analyzes perceived severity was the most effective factor between women for predicting osteoporosis-protective behaviors. The results show the need to train women, especially for women with lower education.

Keywords: osteoporosis, health belief model, education, women, perceived severity

Presentation: Poster