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**Title:** Determination of Health-Promoting lifestyle and its relation with quality of life in B.Sc.students of school of health in Isfahan University of Medical Sciences

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**Abstract:**

The study purpose was to determine (a) Health-Promoting lifestyle behaviors of B.Sc.students of school of health in Isfahan University of Medical Sciences (b) differences in these behaviors by gender, (c) relationship oh these behaviors with quality of life.

**Materials & Methods**

This study was a Cross-sectional one conducted on B.Sc.students of school of health in Isfahan University of Medical Sciences. A census sample of 81 subjects completed survey questionnaire. Health Promoting Lifestyle Profile 2 was used in order to measure health promoting lifestyle behavior and quality of life was measured by global quality of life (GQOL) subscale of EORTC QLQ-C30 questionnair. For this purpose of data analysis, SPSS software was used.

**Results**

Data of 81 cases were available for analysis. Cases were %54.3 female, %45.7 male and mean age was 21/12 year. "Spiritual Growth" & "Physical Activity" were the most and least common subscales of HPL practiced. General quality of life of the majority of cases was good (%40.7). The highest frequency of health related quality of life was very good (%58.6). There was no significant difference between male and female participants in practicing HPL except stress management (P = 0.05). Female Students performed self-care behaviors and relaxation techniques more than male students. There was no significant difference between subscales of HPL and general quality of life except spiritual growth (P = 0.006). There was no significant difference between subscales of HPL and health related quality of life in practicing HPL except stress management (P = 0.03).

**Conclusion**

According to findings, majority of students have good general quality of life. According to the frequency of very good (%58.6) and best (%9, The least one) health related quality of life. It can be concluded that the students in the study have appropriate global quality of life. Finally, findings show that "Health Promoting Lifestyle", "Spiritual Growth", and "Stress Management" are positively related with global quality of life.

**Presentation:** Poster