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Title: The role of health beliefs in performing preventive behaviors in high-risk individuals for developing type II diabetes mellitus

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Abstract: Background: Diabetes mellitus which is an important health problem and leads to severe complications, is the cause of early death, and is showing an increase in frequency. Development of positive health behaviors is extremely important to prevention of diabetes in at high-risk individuals. This study aims to identify the relationship of health beliefs and diabetes preventive behaviors among individuals at high-risk for developing type II diabetes mellitus in Taft city.

Methods: A study using the Health Belief Model (HBM) framework was undertaken with 114 subjects at high-risk for type 2 Diabetes of both genders, by 30 and higher years old, from three urban health centers, which diagnosed as high-risk for type 2 diabetes during the screening program, were recruited in this study. Research tool was a 66-item questionnaire. Data were analyzed with descriptive statistics, Spearman correlation and Mann–Whitney U-test.

Results: 29.8% of subjects were male and 70.2% were female. 68.4% of the subjects had less than diploma of formal education and 89.4% of them were married. Mean score of knowledge and preventive behaviors was 5.80 ±2.87, and 5.41 ±2.83, respectively. Therefore, subjects obtained 30.05% of maximum obtainable score of preventive behaviors. There were significant correlations between preventive behaviors and perceived susceptibility, (r=0.243) (P< 0.009), perceived severity, (r=0.312)(P<0.001), perceived barrier, (r=0.245) (P<0.006) and perceived self-efficacy (r=0.497) (P<0.001).

Conclusion: Despite the presence of risk factors, preventive behaviors among subjects at high-risk for developing type II diabetes was poor due to lack of susceptibility, severity, barriers and self-efficacy perception.

Key words: At high-risk individuals, Type2 diabetes, Health Belief Model

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