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**Title:** Comparing two educational methods (lecture and educational package methods) in knowledge and attitude of teenage girls on puberty health, in Kish Island, Iran

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**Abstract:**

Introduction:

Necessity of implementation of constant health education programs for teenage girls according to puberty health, and choosing the appropriate educational method is essential in successful training.

The aim of this study was to compare two educational methods (lecture – educational package) in promoting the knowledge and attitude of girl's adolescents regarding puberty health.

Methods & materials: In an interventional study, 200 teenage – girl students in kish island schools were randomly assigned into two parallel groups. Their knowledge and attitude concerning puberty health was assessed by a questionnaire. After pretest, one group received educational package and the other one participated in 2 hours lectured class. And one month after intervention both groups were tested by the same questionnaires and the effects were assessed by comparing the students’ knowledge and attitude toward puberty health. In this study, SPSS software version 11.5 was used for statistical analysis.

Results: According to the result of this study the mean (±SD) post test scores of knowledge and attitude were significantly increased in both groups than before intervention (P<0.001). The difference mean (±SD) of post test scores of knowledge in lectured group were more than this difference in package group. That showed significantly increased (P<0.001), but the difference mean (±SD) of post test scores of attitude in package group showed no significant increase, (p=0.9) and in this case the educational package was more effective than lecture method in promoting attitude.

Conclusion: The result indicated that both of the educational methods (lecture – educational package) were effective for improving girls’ knowledge and attitude about puberty health. However, the lecture method was more effective in promoting knowledge than educational package, but in attitude aspect educational package was more effective than lecture presentation.

**Key words:** attitude, Educational methods, educational package, knowledge, lecture, puberty health.

**Presentation:** Poster