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**Title:** Educational Intervention on the Promotion and Maintenance of Physical Activity among Adolescent Girls

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**Abstract:**

Introduction: Physical activity is regarded as an essential component of a healthy lifestyle. The activity patterns of adolescent girls are of particular concern because girls' physical activity participation is generally less frequent and of a lower intensity than that of boys. The purpose of this experimental study was to investigate the effect of educational intervention on the promotion and maintenance of physical activity among adolescent girls.

Material and Methods: In this study, Social Cognitive Theory (SCT) and the Transtheoretical Model (TTM) guided instrument development. The data regarding the demographics, psychosocial determinants of physical activity, stage of change and physical activity was gathered by questionnaires. Several measures of psychosocial determinants of physical activity were translated from English into Persian using the back-translation technique. These translated measures were administered to 512 ninth and tenth-grade Iranian high school students for factor analysis. Chronbach's alphas, mean inter–item correlations and test-retest coefficients showed that these solutions were reliable. In this study, one hundred two students (mean of age = 15.29 years) who participated and were randomly assigned to two experimental and control groups and investigated in three phase pre-test, post- test and a year follow up.

Results: There were no significant differences between the two groups before the intervention regarding the dependent variables of the stage of change and physical activity. The study findings showed significant improves in the stage of change and level of physical activity (P= 0.001) in the experimental group compared to the control group, after the intervention. There were also significant differences in the mean of scores of self efficacy, social support, pros and cons, change strategies (except the environmental factors (P= 0.001) in the experimental group compared to the control group after the intervention.

Conclusion: Applying a combined model of transtheoretical model and social cognitive theory has notable effects on the promotion and maintenance of physical activity among adolescent girls. Therefore, having an enhancing health behaviors education program in adolescent girls is recommended.

**Keywords:** Social cognitive theory, Transtheoretical model, Adolescent, Physical activity

**Presentation:** Oral