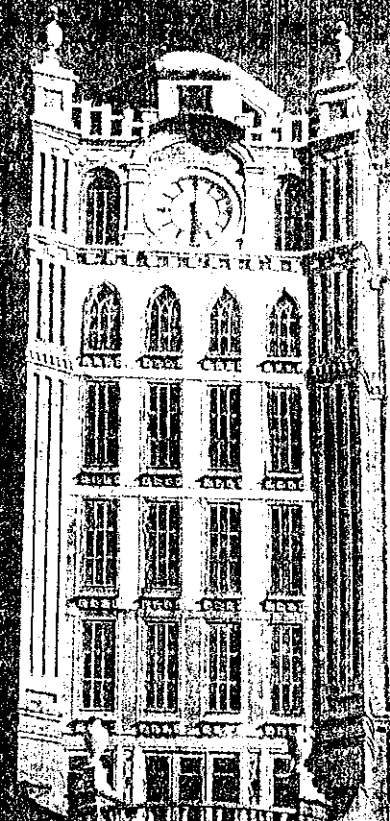


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ABSTRACTS

difference in the score mean of knowledge, perceived susceptibility, severity, threat, benefits and barriers and nutritional behaviors of the experimental group, where as just knowledge score mean showed this difference in control group. And finally, there was a significant difference between two groups due to recommended gaining weight in pregnancy.

Discussion and conclusion: While 77.78% of experimental group achieved recommend BMI, just 32.29% of control group members gained this criterion. This study proved that HBM application in nutritional education was successfully effective to gain recommended weight in pregnancy. So, this increased suitable weight gain reached its maximum and unstandardized weight gain reached its minimum in accordance with women BMI.

Keywords: BMI, Health Belief Model, traditional education, pregnant women, prenatal nutrition

EFFECT OF EDUCATION ON FAMILY PLANNING PRACTICE USING TRANSTHEORETICAL MODEL (TTM) AMONG WOMEN IN ZAHEDAN

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Introduction: In last decade, world population has grown faster, approximately 93% of this growth has occurred in Africa, Asia, and Latin America. Trend of Iran population growth in last century shows that during 92 years Iran population has grown six-fold. The only way of solving this problem is, using effective family planning methods. Objectives: This study aimed to increase the family planning practice among women with the use of Transtheoretical model in Zahedan suburb.

Materials and Methods: This study is semi experimental with intervention (44 women) and control (52 women) group on 96 women between 15-49 years old were studied in two areas almost with similar socio-cultural field. Data were collected by constructed researcher questionnaire that its validity with content validity and reliability with Cronbach were proved. Intervention group according to their stage of change received necessary education and both groups were followed after 3 months. Data were analyzed by SPSS (t- test, paired t- test).

Results: Approximately all women in intervention group showed progress in at least one stage. From eleven people in precontemplation in intervention group 27% went to contemplation, 27% preparation, 45% action stage. In the control group all people in precontemplation stayed in the same stage, variation rate in knowledge and attitude and practice (using contraceptive) between two groups were significant.

Conclusion: education based on TTM can be effective to change, attitude, knowledge and practice (using contraceptive), going ahead during the stage of change

Keywords: Education, Contraceptive, TTM

INVESTIGATION OF EFFECTIVE INFORMATION SOURCES ABOUT FERTILITY BEHAVIOR USING TRIANGULATION METHOD IN VASECTOMIZED MEN

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Introduction: One of the greatest problems of the world at the present time relates to the irregular growth of population in the third world countries including Iran. In Iran, vasectomy only makes up 3.5% of contraceptive methods; it seems that one of the major impediments in the men's desire to use this method is their lack of knowledge. One of the ways of raising awareness and participation of males for having vasectomy is gaining information from the men who had vasectomy.

Materials and Methods: Triangulation included a combination of qualitative method in the form of individual interviews and quantitative method for investigation of effective factors and the amount of their influence on vasectomy. The number of participants was 25 in qualitative part of the study and 101 in quantitative section.

Results: The results of qualitative part of the study showed that the main sources of obtaining information could be classified into three categories including the effective information sources on the fertility behavior in the men- current position of the mass media upon males', fertility behavior- men with vasectomy. The qualitative results of the study also revealed that the information sources which were effective on persuading men to have vasectomy, respectively based on their frequency, included men with vasectomy among coworkers, friends, acquaintances, neighbors, and staff of health centers; however, mass media was not the source of obtaining information at all.

Individuals under study were asked to give advice for other people in respect of vasectomy. It was determined that 94.1% of participants persuaded other men to choose it. Only 5.9% of them stated that they wouldn't suggest to others to bear vasectomy surgery.

Discussion and conclusion: The majority of participants in the current study mentioned friends, acquaintances, and staff of health centers as the main factor of their familiarity with vasectomy, and they indicated that mass media had no role in introducing this contraceptive method and presenting information about it. Lack of presenting information through mass media was indicator of predominance of patriarchy in the system of community. Additionally it revealed that for increasing the amount of males' participation in fertility health, no measure has been taken by social system of community.

Keywords: Fertility behaviour, Vasectomy, Information sources