The effect of health education based on health belief model on behavioral promotion of urinary infection prevention in pregnant women

Mohammad Hossein Taghdisi¹, Elham Nejadsadeghi²

Abstract
Urinary infection is one of the most frequent difficulties in women and because of the changes in the body, pregnant women are more susceptible. This study aims to determine the effect of health education based on health belief model on behavioral promotion of urinary infection prevention in pregnant women. In this experimental study, 110 pregnant women referred to the health centers in Behbahan city were chosen. They were divided randomly into case and control groups. The data were collected through a questionnaire. After the initial tests, the results were analyzed with Chi-square, t-student and correlation tests. Then, educational contents were designed and executed. One month later, the post test was conducted and data were analyzed with the use of SPSS-16. The pregnant women’s age average was 25. Among the pregnant women who were employed or housekeepers, there was a meaningful difference considering knowledge (P=0.02). Also, among the average of awareness points of pregnant women, there is a meaningful difference (P=0.001). The average regarding scores for knowledge and other components of health belief model before and after intervention, there has been a meaningful difference (P=0.00). The scores for knowledge and other components of health belief model in experimental group after intervention compared to control group significantly increased. This study indicated that health education program designed for advancement in prevention behaviors from urinary infection has been effective. Therefore, this model can be used as a framework for designing and executing educational intervention for prevention of urinary infection.

Key words: Health belief model, Health education, pregnant women, Urinary tract infection

Journal of Research & Health
Social Development & Health Promotion Research Center
Vol.2, No.1, 2012
Original Article

1. PhD in Health Education, Associate Professor of Health Education and Health Promotion Department, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran
2. Correspondence: MSc in Health Education, Department of Health Education and Promotion, School of Health, Tehran University of Medical Sciences, Tehran, Iran
Tel: +98 671 3316061
Fax: +98 671 2231910
E-Mail: n.sadeghiel1358@yahoo.com

Received: 18 August 2011
Accepted: 12 Feb 2012

How to cite this article: Hossein Taghdisi M, Nejadsadeghi E. The effect of health education based on health belief model on behavioral promotion of urinary infection prevention in pregnant women. J Research & Health 2012; 2:9128-138.
References


6- Mashfeghi Z. Analysis of relationship of urinary bacteria without early sign in pregnant mothers referred to the well known hospitals in Shiraz. [dissertation].Tehran: Tehran University of Medical Sciences; 2002. [In Persian]

7- Einbakhsh Z. Analysis of individual factors affecting the development of urinary tract infections in pregnant women referred to training and Therapeutic centers of Beheshti University of Medical Sciences. [dissertation]. Tehran: Beheshti University of Medical Sciences; 1997. [In Persian]


18- Tabriziyan L, Nikpoor S, Masroor D, Haghani H. Analysis of sexual behavior with urinary tract infections in married women. Proceedings of the 5th International congress on Gynecology and
Obstetrics. 2003 Dec; 7-10; Tehran, Iran. [In Persian]
19- Karimi M, Niknami Sh, Heidarnia AR. The effects of health education based on health belief model on prevent action of AIDS on addicted prisoners in Qezelhesar of Tehran. Qazvin University of Medical Sciences Journal 2008; 18(70):64-73. [In Persian]
31- Song KJ. The effects of self efficacy promoting cardiac rehabilitation program on self efficacy, health behavior and quality of life. Taehan Kanho Hakhoe Chi 2003; 33(4):510-518.