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Effect of Educational Intervention based on Health Belief Model on Colorectal Cancer-related Preventive Nutritional Behaviors among Workers of Shahid Beheshti University of Medical Sciences' Faculties in 2015

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Abstract

Background and Aim: According to world health organization (WHO) most of chronic diseases such cancer, can be preventive by identifying risk factors like unhealthy diet, smoking and lack of physical activity. These factors are due to unhealthy life style, and it is necessary to decrease them by educational interventions. The aim of current study was determining the effectiveness of educational intervention based on health belief model (HBM) on nutritional preventive behaviors from colorectal cancer among staff of Shahid Beheshti University of Medical Sciences 'Faculties.

Methods and Materials: This study was experimental with 101 staff of SBMU that randomly divided into 2 groups (case- control).before education, both groups completed the questionnaires based on HBM. Validity and reliability of questionnaires was assessed. The case group were educated about nutritional preventive behaviors with pamphlets, mobile phone SMS, and hand out that received by office automation system. Both groups after two months completed the questionnaires. Data was



obtained analyzed by SPSS software (version 18). Researchers used paired T- test or Wilcoxon (for comparisons within the group) and independent T- test and Mann whitney (for comparisons between 2 groups).

Results: 2 months after educational intervention, all of HBM structures scores' were changed except perceived barriers. After educational intervention the mean of scores of knowledge, perceived susceptibility, perceived severity, perceived benefits, self-efficacy, behavior intention and preventive behavior were increased significantly, in case group compared to the control group.

Conclusion: The results confirm efficacy and impact of educational intervention based on HBM on nutritional preventive behaviors.

Keywords: Health Belief Model- Nutritional Behaviors- Educational Intervention- Workers- Colorectal Cancer.