

عنوان مقاله:

Health-Promoting Behaviors and its Related Factors in Iranian Female Household Heads Based on Pender's Model

محل انتشار:

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خلاصه مقاله:

Aims: Health-promoting behaviors have a major role in healthcare. The present study was conducted to assess health-promoting behaviors and its related factors in Iranian female household heads based on Penderchr('۳۹')s model. **Materials & Methods:** The present cross-sectional study recruited ۱۰۶ female household heads selected according to census sampling from Gonabad Health Centers, eastern Iran, from January to August in ۲۰۱۵. Data were collected using the Health-Promoting Lifestyle Profile-II (HPLP-II) and a researcher-made cognitive and emotional factors questionnaire based on Penderchr('۳۹')s model. Data were analyzed by SPSS ۱۶, using descriptive and analytical tests, including ANOVA and independent student t-test. **Findings:** Participantschr('۳۹') statistical mean age was 40.16 ± 7.21 years, and most of them (۶۱ women, ۵۷.۵%) were widowed and the rest were divorced. The statistical mean score of health-promoting behaviors was 123.16 ± 20.42 , in moderate level, and showed significant relationships with cognitive and emotional factors of self-efficacy, barriers, and interpersonal relationships ($p < 0.05$). Among health-promoting behaviors, spiritual growth had the highest Statistical mean score (24.91 ± 5.3), and physical activity (12.83 ± 3.5) and stress management (12.83 ± 3.9) the lowest mean score. **Conclusion:** Health-promoting behaviors in Iranian female household heads need improvement. The results can be used by these women and the healthcare system to identify related factors and develop interventions for modifying health-promoting lifestyles.

کلمات کلیدی:

Behavior, Health, Household head, Health Promotion

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