

عنوان مقاله:

Social Cognitive Theory-Based Intervention and Low Back Pain among Health Care Workers in Qom Hospitals of Iran

محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 2، شماره 1 (سال: 1396)

تعداد صفحات اصل مقاله: 9

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خلاصه مقاله:

Background: The most common type of Muscular-skeletal Disorders (MSD) among health care worker is Low Back Pain (LBP). This study aimed to investigate the effects of an educational program based on the Social Cognitive Theory (SCT) on low back pain severity in healthcare workers in hospitals located in Qom, Iran. Materials and Method: In this interventional research study, 125 nursing aides were divided into two experimental and control groups. Data gathering instruments were a demographic questionnaire and a questionnaire based on the predictor constructs of SCT. For the intervention group, training was administered by health education specialist in four 2-hour sessions. In each session discussion regarding self-efficacy, self-control, outcome reinforcement, and emotional coping were taken into account carefully, respectively. Data were analyzed SPSS version 18.0, IBM company. Result: There were significant differences between the two groups regardless of time, between different periods of time regardless of the groups, and between time and group ($P \leq .0001$). During the time period, the intervention group had better conditions in all LBP predictors comparing to the control group. Conclusion According to the results, it is recommended that further similar researches be conducted for the health care providers with longer follow-up period. In the case of similar results, it seems this intervention can be proposed to primary healthcare in national health system for LBP prevention.

کلمات کلیدی:

Educational intervention, Social-Cognitive Theory (SCT), Health Care Workers

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