

عنوان مقاله:

Effect of the Health Belief Model Based Education on Hypertension Reduction Among Elderly Women Affiliated with Shahid Beheshti University of Medical Sciences- 2018

محل انتشار:

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خلاصه مقاله:

Background and Aims: Hypertension is a health problem worldwide. In low and middle income countries, about half of the people with hypertension are aware of their illness, half of whom receive treatment, and most of them do not control their blood pressure. Health education is an important intervention for controlling blood pressure. The aim of this study was to determine the effect of education based on health belief model on hypertension in elderly women affiliated with Shahid Beheshti University of Medical Sciences in 2018. **Materials and Methods:** The present study is an interventional study of before-after type that was conducted on 39 females aged 60-79 years old with hypertension which were selected with convenient sampling method. According to all ethical standards, demographic data sheets were filled and blood pressure was measured. Educational intervention was performed in 3 sessions of 45 minutes. Blood pressure was measured one month later at the end of the intervention. Data were analyzed by SPSS using descriptive statistics and paired t-test. **Results:** The mean systolic and diastolic blood pressure before intervention was 145.3 ± 13.7 and 93.4 ± 5.8 mm Hg, and after training was 142.5 ± 13.2 and 91.4 ± 7 mm Hg. This difference was statistically significant in systolic blood pressure ($P=0.046$), but it was not significant in diastolic blood pressure. **Conclusion:** Education based on health belief model is effective in reducing hypertension in elderly women with hypertension. It is suggested that this model be used to control blood pressure in elderly women.

کلمات کلیدی:

Hypertension, Elderly Women, Health Belief Model

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