

A study of educational intervention on knowledge, attitude, practice about iron deficiency anemia in female adolescent students

Hosseini M (PhD)

*Department of Epidemiology&Biostatistics
Tehran University of Medical Sciences*

Shojaezadeh D (PhD)

*Department of Health Education& Promotion
Tehran University of Medical Sciences*

Chaleshgar M (MSc)

*Department of Health Education& Promotion
Tehran University of Medical Sciences*

Pishva H (MSc)

*Department of Nutrition& Biochemistry
Tehran University of Medical Sciences*

Corresponding Author:
Hosseini M (PhD)

E-mail:
mhossein110@yahoo.com

Abstract

Background&Objective: Iron deficiency is the most common nutritional disorder in the world, The prevalence rate in developing countries is higher than developed countries, and also affecting a large number of child and women. The main purpose of this study was to promote the knowledge, attitude and practice of girl student in Ghaemshahr in order to prevent iron deficiency anemia.

Materials&Methods: This study was an educational intervention to evaluate the effect of education on Knowledge, Attitude and Practice (K.A.P) in intervention and control groups (each group: 300) among female students in Ghaemshahr. The data was gathered using a questionnaire (include the demographic information, some of question related to knowledge, attitude, practice. K.A.P were assessed before and also 1.5 month after implementation of educational program using the questionnaire, collected data was analyzed by SPSS (11.5), STATA (8.0).

Results: There was not significant difference between K.A.P in study group before implementation of educational intervention, but there is a significant increase between K.A.P after interventional education in intervention group. Educational intervention was promoted knowledge mounting to 15 score, 5 score to promote attitude and 1.6 score to improve the practice. There was significant relation between mother education, father job with their knowledge and class with their attitude, also mother education with their practice.

Conclusion: The results indicated that improvement of knowledge could prevent iron deficiency anemia, thus emphasis on the health education in adolescent age is necessary to promote K.A.P.

Key Words: Iron deficiency anemia- Knowledge- Attitude- Practice- Education