

# Effectiveness of Educational Intervention base on the Theory of Planned in prevention of Knee Osteoarthritis in Women

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## **Abstract:**

**Background.** The prevalence of knee osteoarthritis was significantly higher in women than in men with a tendency of increase with age. The purpose of this study was designed and conducted so that the educational intervention based on the theory of planned behavior be performed in order to promote preventive behaviors of knee osteoarthritis in women over 40 living in Fasa city, Fars province, I.R.Iran

**Methods.** This research is a quasi-experimental study. The subjects of the study were 100 women over the age of 40 who were under the coverage of Fasa Health Centers. The data collection tool was a questionnaire TPB. The educational intervention program consisted of 8 training sessions on the adoption of preventive behaviors from knee osteoarthritis based on the theory of planned behavior (TPB). Before and Three months after the intervention, both the experimental and control groups completed the questionnaires. The collected data were analyzed by using SPSS version 22. In order to analyze the data, the researchers used descriptive statistics, independent T-test, chi-square, and t-pair test.

**Results.** There was a significant difference between the experimental and control groups in terms of the scores for attitude, subjective norms, perceived control behavior, intention and behavior before and after the intervention. However, three months after the intervention, there was a significant increase in each of the constructs in the experimental, but there was no such a significant difference in the control group.

**Conclusion.** With regard to the findings of this study, performing educational intervention based on theories and changing behavior modes particularly the theory of planned behavior (TPB) aiming at reducing knee osteoarthritis can lead to its morbidity reduction.

**Key Words.** Knee osteoarthritis, Women, Theory Planned Behavior, educational intervention.

## **Biography**

Ali Khani Jeihooni has completed his PhD from Tarbiat Modares University. He has published more than 90

papers in reputed journals and has been serving as an editorial board member of reputed.

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