Assessing the effect of lifestyle education based on BASNEF model on nutritional and exercise behaviors in the elderly.

The complete curriculum for the degree of Master of Nursing (Community Health Nursing Orientation)

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Abstract:

Introduction: Lifestyle is a combination of individual habits and behavioral patterns created as a result of socialization. Lifestyle and social factors play a more important role in order to health maintenance among effective factors on health. Progress in medical science and health has increased life span of human in 20th century. Healthy lifestyle education is a main factor which can preserve the elderly health. A lot of models have been designed in health education with the aim of helping contribute to the more effective programs especially in terms of changing behavior. Among different kinds of educational models the most perfect model is BASNEF. This study was aimed to examine the effect of lifestyle education based on BASNEF model on nutritional and exercise behaviors in the elderly under cover of the health centers in south of Tehran.

Methods: A semi–experimental study in which 56 the elderly who were under cover of the health centers in south of Tehran were enrolled and allocated to two arms of study control(28) and experimental groups(28). Pre – test (interview) was used in experimental group and control at baseline. Healthy lifestyle education intervention program in this study consisted of three session of 60 minutes. Giving a lecture and questioning – answering and discussion method were used to educate the elderly. A booklet and a CD were given to the elderly about nutritional and exercise. Sessions include: one session “the basics of healthy nutrition in the elderly, with an emphasis on BASNEF model components”. One session “wrap – around sports”. One session “conclusion”. Intervention took one week in general. The control group did not receive any training. The experimental group was followed in order to resolve the problems of nutritional and exercise related to the elderly through telephone calls, once a week for two weeks. In the following two weeks both groups were interviewed (post – test). After the testing nutritional booklet and exercise CD were provided to the control group. Questionnaire was used to gather demographic data, BASNEF model dimensions (knowledge, attitude, subjective norms, enabling factors and intent to act) in two sides of lifestyle (nutrition and exercise). The validity and reliability of questionnaire was assessed and confirmed through content validity and test – retest methods. Data analyzing was performed using (T test, Paired T test, Wilcoxon, Mann Whitney) in SPSS software version 16.

Results: In this study the comparison in terms of demographic data between two groups before the study showed no significant difference except health state. All dimensions of BASNEF model between two groups before the study showed no significant difference except attitude (nutrition and exercise), Whereas comparing means of all dimensions of BASNEF model between two groups after intervention revealed significant differences in knowledge (nutrition and exercise), nutritional attitude and intent of act (nutrition and exercise).

Conclusion: Using of BASNEF model in performing intervention in the elderly has led to increased knowledge, attitude and intent of act. Therefore, the effective model like BASNEF is recommended to be used in health educational programs.

Key words: healthy lifestyle (nutrition, exercise), basnef model, elderly.