

The Effect of Educational Program Based on Health Belief Model on Preventive Behavior of HIV Transmission Among the HIV Patients

Zareban I^{1*}, Tabasi A², Masudi G³ and Shahraki pur M⁴

¹Faculty Member and Professor of Health Promotion, School of Health,

Department of Health Promotion, Zahedan University of Medical Science, Zahedan, Iran

²Student of Health Education and Promotion, Zahedan University of Medical Sciences, Zahedan, Iran

³Faculty Member and Professor of Health Promotion, Department of Health Promotion,
Zahedan University of Medical Science, Zahedan, Iran

⁴Faculty Member and Professor of Biostatistics, Department of Epidemiology and Biostatistics,
Zahedan University of medical science, Zahedan, Iran

Background: According to the statistics about AIDS, it is the deadliest diseases in the world still. AIDS has killed about 1/8 million persons on 2010. This research aimed to assess the effect of education based on health belief model on preventive behavior in AIDS patients transmission.

Materials and Methods: This is a quasi-experimental study which has carried out on 92 patients suffering from AIDS / HIV in saravan and sarbaz cities in 2012-2013. The sampling method was census. Data gathering tool was a five-parts questionnaire which included demographic information, knowledge items, attitude items, and some items about structure and performance of the health belief model. This questionnaire has used two times: the first time prior to educational program implementation as pre-test and the second time after the educational program implementation as post- test based on the patients training needs . Its validity confirmed by experts in health education and its reliability calculated through Cronbach's alpha coefficient (0.72). For data analysing, Descriptive statistics (frequencies and mean) and inferential statistics (paired t-test, independent t-test, Pearson correlation and regression analysis were used.

Results: The results showed that before the intervention, the mean score of knowledge, benefits, barriers, susceptibility, perceived severity, self-efficacy and behavior was not significantly different between the two groups. After training, the means of all the variables in the intervention group increased significantly. Regression model demonstrated that behavior as dependent variable with knowledge, attitude, perceived behavior severity, and perceived barriers as predicted variable were significant. Structure of Perceived barriers impact with 0/54 effect was the strongest predictor of preventive behavior

Conclusion: The results showed that health belief model based educational program. Through increased knowledge, attitudes, perceived susceptibility, perceived severity, perceived benefits, and self-efficacy in patients has positive effect in the promoting HIV preventive behaviors, and be reduced perceived barriers that impede the adoption of preventive behaviors.

Keywords: Health Education, Health Belief Model, AIDS, Health behavior