World Academy of Science, Engineering and Technology
International Journal of Health and Medical Engineering
Vol:17, No:09, 2023

Exercise Behavior of Infertile Women at Risk of Osteoporosis: Application of The Health Belief Model

Authors : Arezoo Fallahi

Abstract : We aimed at investigating the association between health beliefs and exercise behavior in infertile women who were at risk of developing osteoporosis. This cross-sectional study was conducted in Sanandaj city, west of Iran in 2018. From 35 comprehensive healthcare centers, 483 infertile women were included in the study through convenience sampling. Standardized face-to-face interviews were conducted using established, reliable instruments for the assessment of exercise behavior behavior and health beliefs. Logistic regression models were applied to assess the association between exercise behavior and health beliefs. Estimates were adjusted for age, job status, income, literacy, and duration and type of infertility. We reported estimated logits and Odds Ratios (OR) with corresponding 95% confidence intervals (95% CI). Employed women compared to housewives had substantially higher odds of adopting exercise behavior behaviors (OR=3.19, 95% CI=1.53-6.66, $p<0.01$). Moreover, the odds of exercise behavior adoption increased with self-efficacy (OR=1.35, 95% CI=1.20-1.52, $p<0.01$), and decreased with perceived barriers (OR=0.90, 95% CI=0.84-0.97, $p<0.01$). It is essential to increase perceived self-efficacy and reduce perceived barriers to promote EB in infertile women. Consequently, health professionals should develop or adopt appropriate strategies to decrease barriers and increase self-efficacy to enhance exercise behavior in this group of women.
Keywords : infertility, women, exercise, osteoporosis

Conference Title : ICHPH 2023 : International Conference on Hygiene and Public Health
Conference Location : Toronto, Canada
Conference Dates : September 18-19, 2023