

Preventive Behaviors of Exposure to Secondhand Smoke among Women: A Study Based on the Health Belief Model

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Abstract : Introduction: Exposure to second-hand smoke is an important global health problem and threatens the health of people, especially children and women. The aim of this study was to determine the effect of education based on the Health Belief Model on preventive behaviors of exposure to secondhand smoke in women. Materials and Methods: This experimental study was performed in 2023 in Sanandaj, west of Iran. Seventy-four people were selected by simple random sampling and divided into an intervention group (37 people) and a control group (37 people). Data collection tools included demographic characteristics and a second-hand smoke exposure questionnaire based on the Health Beliefs Model. The training in the intervention group was conducted in three one-hour sessions in the comprehensive health service centers in the form of lectures, pamphlets, and group discussions. Data were analyzed using SPSS software version 21 and statistical tests such as correlation, paired t-test, and independent t-test. Results: The intervention and control groups were homogeneous before education. They were similar in terms of mean scores of the Health Belief Model. However, after an educational intervention, some of the scores increased, including the mean perceived sensitivity score (from 17.62 ± 2.86 to 19.75 ± 1.23), perceived severity score (28.40 ± 4.45 to 31.64 ± 2), perceived benefits score (27.27 ± 4.89 to 31.94 ± 2.17), practice score (32.64 ± 4.68 to 36.91 ± 2.32) perceived barriers from 26.62 ± 5.16 to 31.29 ± 3.34 , guide for external action (from 17.70 ± 3.99 to $22/89 \pm 1.67$), guide for internal action from (16.59 ± 2.95 to 1.03 ± 18.75), and self-efficacy (from 19.83 ± 3.99 to 23.37 ± 1.43) ($P < 0.05$). Conclusion: The educational intervention designed based on the Health Belief Model in women was effective in performing preventive behaviors against exposure to secondhand smoke.

Keywords : women, health behaviour, smoke, believe

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