

## An Educational Program Based on Health Belief Model to Prevent of Non-alcoholic Fatty Liver Disease Among Iranian Women

**Authors :** Arezoo Fallahi

**Abstract :** Background and purpose: Non-alcoholic fatty liver is one of the most common liver disorders, which, as the most important cause of death from liver disease, has unpleasant consequences and complications. The aim of this study was to investigate the effect of an educational intervention based on a health belief model to prevent non-alcoholic fatty liver among women. Materials and Methods: This experimental study was performed among 110 women referring to comprehensive health service centers in Malayer City, west of Iran, in 2023. Using the available sampling method, 110 Participants were divided into experimental and control groups. The data collection tool included demographic characteristics and a questionnaire based on the health belief model. In The experimental group, three one-hour training sessions were conducted in the form of pamphlets, lectures and group discussions. Data were analyzed using SPSS software version 21, by correlation tests, paired t-tests independent t-tests. Results: The mean age of participants was  $38.07 \pm 6.28$  years, and Most of the participants were middle-aged, married, housewives with academic education, middle-income and overweight. After the educational intervention, the mean scores of the constructs include perceived sensitivity ( $p=0.01$ ), perceived severity ( $p=0.01$ ), perceived benefits ( $p=0.01$ ), guidance for internal ( $p=0.01$ ) and external action ( $p=0.01$ ), and perceived self-efficacy ( $p=0.01$ ) in the experimental group were significantly higher than the control group. The score of perceived barriers in the experimental group decreased after training. The perceived obstacles score in the test group decreased after the training ( $15.2 \pm 3.9$  v.s  $11.2 \pm 3.3$ , ( $p<0.01$ )). Conclusion: The findings of the study showed that the design and implementation of educational programs based on the constructs of the health belief model can be effective in preventing women from developing higher levels of non-alcoholic fatty liver.

**Keywords :** health, education, believe, behaviour

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