The Effect of Education based on the Health Belief Model in Reducing the Risk Factors of the Brucellosis in Torbat Haydariyeh

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Abstract

Background & Aim: Brucellosis is one of the zoonotic diseases worldwide. Training the Brucellosis preventing behaviors reduce the incidence of this disease in at-risk groups. Therefore, the aim of this study was to evaluate the effectiveness of education based on the Health Belief Model in reducing the risk factors of Brucellosis in ranchers in Torbat Haydariyeh.

Methods: This interventional study was a quasi-experimental model with a control group which was performed on 200 of ranchers in Jolgeh Rokh District of Torbat Haydariyeh, in 2018. The sampling method was stratified random from 7 rural healthcare centers. The data was collected via a valid and reliable questionnaire including demographic information and Health Belief Model constructs in self-reporting way. The educational sessions were designed for the test group and data was collected from the both groups after 2 months and they were analyzed using Chi-Square.

Results: There was no significant statistical difference between the study groups in terms of age, gender, education level and marital status based on a Chi-squared test (P>0.05). According to the obtained results, after interventional education, the mean score of knowledge and Health Belief Model constructs (perceived susceptibility, perceived severity, perceived benefits, perceived self-efficacy, and behavior) showed a significant increase in the experimental group compared to the control group (P<0.001).

Conclusion: The result of present study indicates that educational intervention performed by the Health Belief Model has a desirable effect on reducing risk factors and also improving brucellosis preventive behaviors among ranchers.

Keywords: Brucellosis, Health Education, Health Belief Model, Ranchers