Factors affecting preconception care in married women participating in premarital educational courses: Application of planned behavior theory

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Abstract

Background & Aim: To reduce the complications of pregnancy and childbirth, it is necessary to identify the most effective way to provide integrated services. Therefore, the present study was conducted to evaluate the factors affecting the delivery of prenatal care using the theory of planned behavior.

Methods: This descriptive - analytic cross - sectional study was conducted in 2018-2019. The study population included women who participated in pre-marriage training classes, of which 150 were randomly selected. For the tool, a questionnaire was developed in the framework of planning behavior theory. Descriptive statistics, linear regression and univariate analysis of variance were performed using SPSS software version 22.

Results: The mean age of participants was 24.67 ± 5.96 years. The mean score for attitude was 41.01 ± 5.88, the mean score for subjective norms 25.53 ± 4.92, mean score for perceived behavioral control 24.77 ± 4.94, and mean score The behavioral intention of individuals was 32.06 ± 5.85. In the first stage, attitude was the most predictive of behavioral intention, and in the second stage, the combination of perceived behavioral control with an attitude of intention to do behavior increased by 12% (p = 0.0001).

Conclusion: Women have a positive attitude towards the importance of preconception care, but their perceived behavioral control is low. Strengthening perceived behavioral control increases behavioral intent. Moreover, training men in this area will increase the positive mental norms.