



## The Effect of Planned Behavior Theory-Based Education on Promotion of Physical Activity in Female Workers

Hossein Karimi Moonaghi

### Abstract:

Regular physical activity reduces the risk of cardiovascular disease, cancer and depression. Regular physical activity is a priority of a healthy lifestyle and is one of the ways to strengthen the immune system and prevent non-communicable diseases. The purpose of this study was to determine the effect of education based on the theory of planned behavior on promoting physical activity of female health workers working in health center.

**Methods:** The quasi-experimental study was performed on 61 female health workers. The units were randomly assigned to the control and intervention groups. A researcher-made physical activity questionnaire was used to collect the data. Four weeks of intervention for the intervention group and the control group did not receive any intervention. Statistical analysis was performed by SPSS using chi-square and independent t-test.

**Results:** There was no significant difference between the mean of the abstract normative score of  $5.50 \pm 1.163$ , perceived behavioral control  $5.34 \pm 0.985$ , behavioral intention of  $5.315 \pm 1.268$  and physical activity before intervention ( $p < 0.05$ ). After intervention, there was a significant increase in the mean score of these dimensions in the intervention group compared to the control group ( $p < 0.05$ ). The mean score of attitude before and after the intervention did not increase significantly ( $p < 0.05$ ).

**Conclusion:** Educational intervention based on the theory of planned behavior promoted physical activity behavior of employed female health workers. It is recommended to use this theory in early prevention education programs.

### Biography:

Hossein Karimi Moonaghi has completed his PhD at the age of 41 years from Iran University of Medical Sciences. He is



the head of Education Development office at Faculty of Nursing and Midwifery, Mashhad, Iran. He has published more than 180 papers in reputed journals and has been serving as an editorial board member of reputed.

### Publication of speakers:

- Hossein Karimi Moonaghi et al ; Patient education among nurses: bringing evidence into clinical applicability in Iran, 2016
- Hossein Karimi Moonaghi et al ; Adapting life to the reality of diabetes, 2018
- Hossein Karimi Moonaghi et al ; Medical faculties' view about the importance of educational roles, 2018
- Hossein Karimi Moonaghi et al ; Pain in  $\beta$ -thalassemia major patients: an important yet neglected issue, 2018
- Hossein Karimi Moonaghi et al ; The Challenges of Clinical Engagement of Nursing Students in Iran, 2019

[Webinar on Nursing Leadership, October 15, 2020; Dubai , UAE](#)

**Citation:** Hossein Karimi Moonaghi ; The Effect of Planned Behavior Theory-Based Education on Promotion of Physical Activity in Female Workers; Webinar on Nursing Leadership 2020; October 15; Dubai, UAE.