

JOINT EVENT

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Investigating the effect of intervention based on pre-planned behavior theory on enhancing self-care behavior of patients with hypertension visiting rural health-care systems of Rasht in 2016**Roghayeh Aghebati, Fardin Mehrabia, Rabiollah Farmanbar, Marjan Mahdavi Roshan and Saeid Omidi**
Guilan University of Medical Sciences, Iran**Statement of the Problem:** Hypertension is an adjustable health risk factor and one of the most important causes of disability and mortality. The aim of this study was to investigate the effect of theory-of-planned-behavior-based intervention on self-care behaviors in hypertensive patients.**Methodology & Theoretical Orientation:** An intervention study was conducted on two intervention and control groups (n=75) with hypertension referred to Rasht city's health centers. The research instrument was a questionnaire, including demographic information, physical activity by GPAC questionnaire, and nutritional information by food frequency questionnaire and also theory of planned behaviors questions were about five areas including attitude, subjective norms, perceived behavior control, and behavioral intention related to hypertension. The validity of the questionnaire was determined through content validity method and its reliability was determined by Cronbach's alpha. Data analyses were performed using SPSS-18 software; descriptive and inferential tests were conducted too.**Findings:** Before training intervention, two groups were similar with regards to their mean scores on theory of planned behavior constructs, while after this intervention, the intervention group's mean scores of attitude changed from 4.51 to 4.58, mean scores of subjective norms changed from 4.16 to 4.19, mean scores of perceived behavior control changed from 3.64 to 4.23, and mean scores of behavioral intention changed from 3.88 to 4.24. These differences were statistically significant ($p<0.05$) with no difference observed in control group.**Conclusion & Significance:** The results showed that designing a training program based on theory of planned behavior will have more effect on promotion of self-care behaviors among patients. Mean value, standard deviation and significance level of MAP (sum of two diastoles+one diastole divided by three) blood pressure for two control and intervention groups before and 2.5 months after intervention.

time group	Before intervention		After intervention		P-value
	mean	standard deviation	mean	standard deviation	
intervention	211.08	22.08	201.57	18.93	0.001 Wilcoxon
control	200.13	18.76	201.57	17.46	0.599 Wilcoxon
P-value	0.48 Mann Whitney U				0.04 Mann Whitney U

Biography

Roghayeh Aghebati is a Nursing Expert with a Master's of Science in Health Education and Health Promotion from Guilan University of Medical Sciences. He/she has 13-years of working experience in nursing and is interested in research projects about Nursing, Disease Training and Prevention. He/she is now working as a Nursing Instructor to students in the Burn Research Center in the north of Iran. He/she has participated in more than 10 national and international scientific conferences either as participant, poster or lecture presenter. Also, he/she is interested in cooperation with research centers and to pursue his/her PhD in Health Training and Policy-Making.

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