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The effect of educational intervention based on PRECEDE Model to reduce the anxiety of nurses in the hospitals of Tehran University of Medical Sciences

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Introduction: People who work in hospitals such as nurses have many stress and they are exposed to anxiety disorders. The aim of this study is to determine the effect of applied relaxation based of PRECEDE Model to reduce anxiety of nurses.

Methodology : In this interventional study, 40 nurses as control group and 40 nurses as experimental group were randomly selected. To measure the rate of anxiety the questioner of Eshpiel Bergerand for intervention a questioner based on PRECEDE Model were used. For intervention there was 7 sessions and each session took between 60 to 90 minutes. Date collected before and after the intervention. Data analyzed by statistical techniques such as SPSS version 20.

Findings: The findings of the study indicated that there is no difference between the mean of anxiety before the intervention in the control and experimental groups (P=0/3). The results of the study showed that there is significant difference between the mean of the anxiety in experimental group and control group after intervention (P<0/001). The findings of the study also indicated that six months after the intervention there is significant difference between predisposing factors, enabling factors, reinforcing factors and behavior to reduce anxiety in control group and experimental group (P<0/001).

Conclusion: The findings showed that educational intervention based on PRECEDE Model had an effect on reducing the anxiety of nurses. It is concluded that using educational intervention based on PRECEDE Model is applicable on specific population to promote health.

Biography

Davoud shojaeizadeh is an Associate Professor in Department of Nursing in Tehran University of Medical Sciences, Iran. His research interest includes reducing stress, anxiety and depression in Nurses.

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