**Abstract (600 word limits)**

Background

Osteoporosis is a systemic skeletal disorder that affects women's quality of life (QOL). The incidence of global osteoporosis was 200 million-plus > 8.9 million osteoporotic fractures annually. Osteoporosis is a preventable disease as 25 % account for environmental factors.Henceforth, increasing population knowledge of osteoporosis's seriousness should prioritize future health intervention programs to promote specific behavioral strategies for osteoporosis prevention The study will determine and aim to increase premenopausal women's knowledge about the symptoms, risk factors, attitudes, beliefs, and osteoporosis complications.
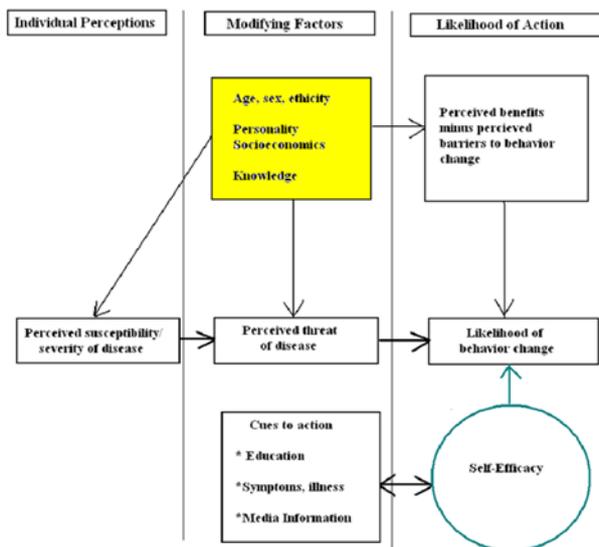
Method

A cross-sectional study was conducted using convenience sampling, in which a questionnaire was administered to 400 premenopausal women aged 20 to 49 attending outpatient clinics at eight primary health care centres.

Result

The subjects recorded a mean age of 33.41 ± 8.33 years and were primarily married and unemployed. OKAT knowledge was poor (59.75%), with a mean score of 7.71 ± 2.91, indicating inadequate knowledge. Family income and working status had a significant effect on the level of knowledge. There was a reasonable belief regarding the benefit of exercise, calcium intake, and health motivation, but a low belief in osteoporosis is perceived severity and susceptibility. Regarding OSES, the mean was 78.73, which was lower than the target level (85.8). Knowledge and self-efficacy exercise, as well as knowledge and self-efficacy calcium intake, showed significant correlations. The Pearson correlation coefficient showed a statistically significant positive correlation between knowledge and susceptibility and between the subscale self-efficacy exercise and severity, exercise benefits, calcium intake benefits, and health motivation. Regardless, the results indicated a statistically significant negative correlation between self-efficacy exercise and exercise barriers.

Conclusion

Most of the study participants showed inadequately low levels of knowledge concerning osteoporosis, unsatisfactory poor health beliefs, and substandard levels of self-efficacy. These findings suggest that community-based interventions should be implemented to improve knowledge, health beliefs, and self-efficacy.

Individual Perceptions | Modifying Factors | Likelihood of Action

Age, sex, ethicity

Personality
Socioeconomics

Knowledge

Perceived benefits minus percieved barriers to behavior change

Perceived susceptibility/ severity of disease

Perceived threat of disease

Likelihood of behavior change

Cues to action
* Education
*Symptoms, illness
*Media Information

Self-Efficacy

Recent Publications

1.      Divakar, U., Sathish, T., Soljak, M., Bajpai, R., Dunleavy, G., Visvalingam, N., ... & Car, J. (2020). Prevalence of Vitamin D Deficiency and Its Associated Work-Related Factors among Indoor Workers in a Multi-Ethnic Southeast Asian Country. International journal of environmental research and public health, 17(1), 164.

2.      Kanis, J. A., Chandran, M., Chionh, S. B., Ganeson, G., Harvey, N. C., Koh, W. P., ... & McCloskey, E. V. (2020). Use of age-dependent FRAX-based intervention thresholds for Singapore. Archives of Osteoporosis, 15(1), 1-10.

3.      3. Tardi, P., Szilagyi, B., Makai, A., Gyuro, M., Acs, P., Jaromi, M., ... & Hock, M. (2021). The development of a reliable and valid instrument to measure the osteoporosis-related knowledge: validation of the Hungarian version of the Osteoporosis Knowledge Assessment Tool (OKAT). BMC Public Health, 21(1), 1-9.

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5.      Hussein, R. S., & Wahdan, M. M. (2021). Knowledge about Symptoms and Risk Factors of Osteoporosis among Adult Women in Cairo, Egypt. Egyptian Journal of Community Medicine, 39(2).

6.      Khired, Z. A., El-Akabawy, G., Alsebail, R. A., Alotaibi, A. E., Alblowi, N. S., Alaradi, H. K., & Alrussayes, S. S. (2021). Osteoporosis knowledge, attitudes, and practices among female Princess Nourah University students in Riyadh, Saudi Arabia. Archives of Osteoporosis, 16(1), 1-6.

**Biography (200 word limit)**

Fiza Liaquat is doing PhD in Shanghai Jiao tong University. During her PhD she published 7 research articles as a first author in reputed journals She also published one patent and developed very good collaboration with other labs and published 6 research articles with Dr. Jianxin Shi of School of Life Science SJTU, Dr. Yidong Zhang of School of Plant Science SJTU, and Dr. M. Farooq Hussain Munis, Quaid-i-Azam University, Islamabad, Pakistan. She also participated and presented her research work in high profile conferences in Chenshan Botanical Garden, Shanghai Forestry Station, Tongji University and Shanghai International Flower Show. She Got the 1st prize in the  Shanghai Botany Youth Paper Conference. She Represented SJTU, China as "invited student speaker" in International Conference entitled "Building innovative Pakistan" in Quaid-i-Azam University, Islamabad.

https://orthopedics.euroscicon.com

**References (With Hyperlink)**

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