



دانشگاه علوم پزشکی
و خدمات بهداشتی درمانی کرمان

دانشکده بهداشت

پایان نامه مقطع کارشناسی ارشد رشته آموزش بهداشت
و ارتقاء سلامت

عنوان:

بررسی عوامل موثر بر روی انجام خطرسنجی بیماری قلبی عروقی در زنان میانسال شهر
کرمان مبتنی بر مدل اعتقاد بهداشتی در سال 1398

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سال تحصیلی: 1398-1399

شماره پایان نامه: (35)



**KERMAN UNIVERSITY
OF MEDICAL SCIENCE
Faculty of Health**

In Partial Fulfillment of the Requirements for the Degree of Master of Sciences in
Health Education & Health Promotion

Title :

**The survey of effective factors on cardiovascular risk assessment in middle-aged women in
Kerman city based on HEALTH BELIEF Model in 2019**

A thesis

Presented to

The Graduate Studies

By

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Thesis No : (35)

Date (**September 2020**)

چکیده

مقدمه: بیماری های قلبی عروقی دسته ای از بیماری های غیرواگیر هستند که علت اصلی مرگ و میر در سراسر دنیا می باشند. به دلیل اهمیت انجام خطرسنجی جهت تعیین خطر بیماری قلبی عروقی در یک دوره زمانی ده ساله و به عنوان روشی برای پیشگیری اولیه از ابتلا به آن ، مطالعه حاضر با هدف بررسی عوامل موثر بر روی انجام خطرسنجی بیماری قلبی عروقی در زنان میانسال (گروه سنی 30 تا 59 سال) شهر کرمان مبتنی بر مدل اعتقاد بهداشتی در سال 1398 انجام شد.

روش بررسی: این پژوهش مقطعی بر روی 400 زن میانسال تحت پوشش پایگاه های سلامت شهر کرمان انجام گرفت زنان به روش نمونه گیری تصادفی چند مرحله ای وارد مطالعه شدند . ابزار گردآوری داده ها پرسشنامه محقق ساخته مبتنی بر سازه های مدل اعتقاد بهداشتی بود که پس از تأیید روایی و پایایی ابزار مورد استفاده قرار گرفت و اطلاعات مربوط به رفتار انجام خطرسنجی از سامانه سیب (سامانه یکپارچه بهداشت) استخراج گردید و داده ها در نرم افزار SPSS ویرایش 20 مورد تجزیه و تحلیل قرار گرفت.

یافته‌ها: میانگین سنی افراد مورد مطالعه 38.32 ± 6.76 سال بود . اکثر شرکت کنندگان متأهل (87.8%) و میانگین شاخص توده بدنی (Body Mass Index (BMI) 26.76 ± 4.51 بود و 78% زنان میانسال خطرسنجی را انجام داده بودند.

بر اساس نتایج رگرسیون لجستیک چند متغیره، سازه منافع درک شده پیش گویی کننده اصلی انجام خطر سنجی می باشد (Odds ratio :1.02 , Pvalue :0.012).

همچنین نتایج نشان داد که ارتباط معنی داری بین سازه راهنمای برای عمل و مراجعه جهت انجام خطرسنجی وجود داشت ($P < 0.05$).

نتیجه گیری: نتایج پژوهش نشان داد که سازه منافع درک شده قویترین پیشگویی کننده مراجعه جهت انجام خطرسنجی بود و علاوه براین نشان داد که وجود فرد دچار عوارض بیماری قلبی در اطرافیان و همچنین خانواده ، اقوام و دوستان ارتباط معنی داری با مراجعه جهت انجام خطرسنجی در زنان میانسال داشته است که می تواند حاکی از نقش سازه راهنمای برای عمل در افزایش فراوانی مراجعه جهت انجام خطرسنجی باشد .

انتظار می رود که مداخلات ارتقاء سلامت با تأکید براین عوامل طراحی گردد تا به ارتقاء انجام خطرسنجی در زنان منجر شود.

کلمات کلیدی: خطرسنجی، بیماری قلبی عروقی، زنان میانسال، مدل اعتقاد بهداشتی

Abstract

Background: Cardiovascular diseases are a group of non-communicable diseases that are the leading cause of death worldwide. Due to the importance of risk assessment to determine the risk of cardiovascular disease over a period of ten years and as a method for primary prevention the aim of this study was to investigate the factors affecting the risk assessment of cardiovascular disease in middle-aged women (age group 30 to 59 years) in Kerman based on the Health Belief Model in 2019.

Methods: This cross-sectional study was performed on 400 middle-aged women covered by health centers in Kerman. Women were included in the study by multi-stage random sampling. Data collection tool was a researcher-made questionnaire based on health belief model constructs which was used after confirming the validity and reliability of the tool. Information about the behavior of risk assessment was extracted from the Apple system (integrated health system) and data were analyzed in SPSS software version 20.

Results: The mean age of the subjects was 38.32 ± 6.76 years. Most participants were married (87.8%) and the mean body mass index (BMI) was 26.76 ± 4.51 and 78% of middle-aged women had taken the risk assessment. Based on the results of multivariate logistic regression, the structure of perceived benefits is the main predictor of risk assessment. (Odds ratio: 1.02, P value: 0.012).

The results also showed that there was a significant relationship between the guide structure for action and referral for risk assessment ($P < 0.05$).

Conclusion: The research results showed that perceived benefit structure was the strongest predictor of referral for risk assessment and in addition, it showed that the presence of a person with heart disease complications in those around and as well as family, relatives and friends there was a significant relationship with referring to risk assessment in middle-aged women that can indicate the role of the guide structure for action in increasing the frequency of referrals for risk assessment. Health promotion interventions are expected to be designed with an emphasis on factors to improve risk assessment in women.

key words: risk assessment, cardiovascular disease, middle-aged women, health belief model

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ABBREVIATIONS

BMI	Body Mass Index
CVD	Cardiovascular Disease
EMR	Eastern Mediterranean Region

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دانشگاه علوم پزشکی کرمان
تخصصیات تکمیلی دانشگاه

بسمه تعالی
صورتجلسه دفاع از پایان نامه

تاریخ ۱۸.۱۰.۱۳۹۵

شماره ۱۰۷.۸.۱.۱.۱۳۹۵

پیوست

جلسه دفاعیه پایان نامه تحصیلی خواهشمند است نظر خود را در مورد پایان نامه خانم زیبا کامیابی دانشجوی کارشناسی ارشد رشته آموزش بهداشت و ارتقاء سلامت تحت عنوان " بررسی عوامل موثر بر روی انجام خطر سنجی بیماری قلب عروقی در زنان میانسال شهر کرمان مبتنی بر مدل اعتقاد بهداشتی در سال ۱۳۹۸ " به راهنمایی آقای دکتر سید وحید احمدی طباطبایی اعلام نمائید. در ساعت ۱۳ روز چهارشنبه مورخ ۹۹/۱۰/۱۹ با حضور اعضای محترم هیات داوران متشکل از:

نام و نام خانوادگی	سمت	امضا
آقای دکتر سید وحید احمدی طباطبایی	الف: استاد (ان) راهنما	
خانم دکتر آرمیتا شاه اسماعیلی	ب: استاد (ان) مشاور	
آقای دکتر عابدین ایرانیپور	ج: عضو هیات داوران (داخلی)	
خانم دکتر حبیبه احمدی پور	د: عضو هیات داوران (خارجی)	
خانم دکتر سمیه علیزاده	ه: نماینده تخصصیات تکمیلی	

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۸،۸۷ و مستوفی برسم مورد تأیید قرار گرفت.

دبیر و امضاء مسئول آموزشی

۹۹-۷-۷

۹۹-۷-۷