

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

صورت جلسه دفاع از پایان نامه:



دانشگاه علوم پزشکی کرمان
تحصیلات تکمیلی دانشگاه

بسمه تعالی
صورت جلسه دفاع از پایان نامه

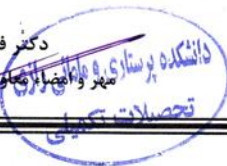
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پیوست:

جلسه دفاعیه پایان نامه خانم عالیه زریافا دانشجوی کارشناسی ارشد مشاوره درمانایی ورودی ۹۷ تحت عنوان " بررسی مقایسه تاثیر مدل اطلاعاتی- انگیزشی- رفتاری و مشاوره روانی آموزشی بر رضایت جنسی و روش پیشگیری از بارداری تحت اجبار همسر در زنان مراجعه کننده به مراکز بهداشتی درمانی شهر کرمان سال ۱۳۹۹-۱۳۹۸" به راهنمایی خانم کتایون علیدوستی در ساعت ۱۰ صبح روز دوشنبه مورخ ۱۴۰۰/۱۱/۰۳ با حضور اعضای محترم هیات داوران متشکل از:

امضا	نام و نام خانوادگی	سمت
	خانم کتایون علیدوستی	الف: استاد راهنما
	دکتر عاطفه احمدی	ب: اساتید مشاور
	خانم فائزه قربانی	
	دکتر معصومه غضنفرپور	
	خانم الهه رفعتی	ج: عضو هیات داوران (داخلی)
	خانم زهرا سلاجقه	
	دکتر مؤگان تائبی	
	دکتر صدیقه خدابنده	ه: نماینده تحصیلات تکمیلی

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۹- نمره مورد تأیید قرار گرفت.

دکتر فیهرزه میرزایی رابر
مهر و امضاء اعضای هیات داوران آموزشی دانشکده





دانشگاه علوم پزشکی

و خدمات بهداشتی درمانی کرمان

دانشکده پرستاری و مامایی رازی

پایان نامه کارشناسی ارشد رشته مشاوره در مامایی

عنوان

بررسی مقایسه تاثیر مدل اطلاعاتی-انگیزشی-رفتاری و مشاوره روانی آموزشی بر رضایت

جنسی و روش پیشگیری از بارداری تحت اجبار همسر در زنان مراجعه کننده به مراکز

بهداشتی درمانی شهر کرمان سال ۱۳۹۸-۱۳۹۹.

توسط

عالیه زرباف

استاد راهنما

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سال تحصیلی (مهر ۱۴۰۰)

شماره پایان نامه: (...)

چکیده

مقدمه و اهداف: زنان، نقش مهمی در حفظ سلامت خانواده و جامعه دارند. تنظیم خانواده بخشی از طیف وسیع بهداشت باروری است که زوجین را قادر می‌سازد تعداد فرزندان خود را با توجه به شرایط اقتصادی و قدرت جسمی و روانی خود تنظیم کنند. تفاهم با همسر در انتخاب روش های تنظیم خانواده یک عامل مهم در انتخاب روش پیشگیری از بارداری است. هر رفتاری که با تصمیم گیری مستقل زنان در ارتباط با سلامت باروری تداخل دارد به عنوان اجبار در روش پیشگیری از بارداری می‌باشد. انتخاب و پذیرش و رضایت از روش های مختلف جلوگیری از حاملگی می‌تواند بر روی رضایت جنسی زنان تاثیر گذار باشد این مطالعه با هدف مقایسه تاثیر مدل اطلاعاتی-انگیزشی-رفتاری و مشاوره روانی آموزشی بر رضایت جنسی و روش پیشگیری از بارداری تحت اجبار همسر در زنان مراجعه کننده به مراکز بهداشتی درمانی شهر کرمان انجام شد.

روش‌ها: این کارآزمایی بالینی روی ۸۱ نفر از زنان ۱۸-۴۵ ساله (زنان تحت اجبار در خصوص استفاده از روش پیشگیری) مراجعه کننده به پایگاه های بهداشتی شهر کرمان در سال ۱۳۹۸-۱۳۹۹ انجام گرفت. مراجعه کنندگان به صورت تصادفی به سه گروه ۲۷ نفره (کنترل، روانی آموزشی، اطلاعاتی انگیزشی رفتاری) تخصیص یافتند. برای گروه مداخله روانی آموزشی سه جلسه مشاوره مجازی ۹۰-۱۲۰ دقیقه ای هفته ای یک بار و برای گروه اطلاعاتی انگیزشی رفتاری چهار جلسه مشاوره مجازی ۹۰-۱۲۰ دقیقه ای هفته ای دو جلسه برگزار شد و گروه کنترل مراقبت روتین را توسط مامای مرکز بهداشت دریافت نمود. جهت جلوگیری از تبادل اطلاعات بین شرکت کنندگان در فضای مجازی بازه زمانی ۲ ماهه برای هر گروه در نظر گرفته شد کل بازه زمانی اجرای مداخله و تکمیل پرسشنامه‌ها ۶ ماه طول کشید. پرسشنامه قبل از مداخله، پس از مداخله و یک ماه پس از مداخله تکمیل شد. داده های آماری با استفاده از نرم افزار spss ۲۲ آنالیز گردید.

یافته‌ها: نتایج نشان داد که سه گروه از نظر مشخصات دموگرافیک همگن بودند. بین سه گروه قبل از مداخله از نظر نمره رضایت جنسی تفاوت آماری معنی داری وجود نداشت. مقایسه میانگین نمره در گروه کنترل قبل از مداخله، بعد از مداخله و یک ماه بعد از مداخله تفاوت آماری معنی داری ندارد. ولی در هر دو گروه مداخله نمرات افزایش معنی داری داشته اند ($P < 0.01$) که هر دو مداخله موجب بهبود رضایت

جنسی شدند. اما بین دو گروه مداخله رضایت جنسی از نظر آماری تفاوت معناداری نداشت $P = 0/154$. هر چند که میانگین نمره رضایت جنسی در گروه IMB بیشتر از گروه مداخله روانی آموزشی بود.

بحث و نتیجه‌گیری: نتایج حاکی از تاثیر مثبت مشاوره روانی آموزشی و اطلاعاتی انگیزشی رفتاری بر

رضایت جنسی زنان و تاثیر بیشتر مشاوره مدل IMB است. همچنین نتایج نشان داد که مشاوره روانی آموزشی تاثیر مثبت بر تغییر روش پیشگیری از بارداری دارد و روش IMB در مطالعه ما تاثیری بر تغییر روش پیشگیری از بارداری نداشت که میتواند به علت افزایش اطلاعات و پذیرش نسبت به روش پیشگیری از بارداری باشد.

کلمات کلیدی: مشاوره روانی آموزشی، مدل اطلاعاتی انگیزشی رفتاری، رضایت جنسی، روش

پیشگیری از بارداری، روش پیشگیری از بارداری تحت اجبار همسر.

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**KERMAN UNIVERSITY
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Title

**Comparison between the effect of the Information-Motivation-Behavioural
(IMB) model and psycho-educational counseling on sexual satisfaction and
contraception method under coercion of spouse in women referred to Kerman
health centers, (2019-2020)**

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Abstract

Background and objectives: Women have important role in protection of health family and society. Family planning is part of reproductive health that helps couples to adjust the number of their children according to their economic, physical and mental status. Understanding and agreement with spouse in choosing family planning methods, is an important factor in selection a method of contraception. Violence and coercion in contraception are behaviors, that interfere with independent decision making by women about reproductive health. Selection, acceptance and satisfaction of contraception methods can affect life quality, and women sexual satisfaction. Aim of this research is comparison between the effect of the Information-Motivation-Behavioral (IMB) model and Psycho-Educational counseling on sexual satisfaction and contraception method under coercion of spouse in women referred to Kerman health centers.

Methods: This clinical trial was performed on 81 women aged 18-45 years (with contraception method under coercion of spouse) referred to Kerman health centers. Participants were divided into three groups (control, psycho-educational, information-motivation-behavioral). Three 90-120 minutes online counseling session were held for psycho-educational group. And also four 90-120 minutes online counseling session were held for information-motivation- behavioral. Control group received routine care by midwife. In order to prevent the exchange of information between groups in cyberspace, a period of 2 months was considered for each group. The total period of intervention and completing of questionnaires was 6 months. Questionnaire was completed by the participants before, after and one month after the intervention. Data was analyzed with spss22.

Results: Based on the results three groups were homogeneous in demographic characteristics. There was no statistically significant difference between three groups in terms of sexual satisfaction score before the intervention. Mean score in the control group was not statistically significant before, after, and one month after intervention. The mean score of sexual satisfaction increased significantly in both intervention groups ($P < 0.001$) in compare with before the intervention. Although the mean score of sexual satisfaction in IMB group was higher than psycho-educational group, there was no statistically significant difference between two intervention groups ($P=0.154$) after intervention.

Cunclusion: The results of the study indicate the positive effect of psycho-educational counseling and IMB model on women sexual satisfaction and the impact of IMB model was more. However psycho-educational counseling had positive effect on changing the contraception methodin compare with IMB, maybe non- changing was due to increase women's knowledge and acceptance of contraception method.

Keywords: psycho-educational counseling, Information-Motivation-Behavioural (IMB) model , Sexual satisfaction, Contraceptive method, contraception method under coercion of spouse.

