

Tabriz University of Medical Sciences
Nursing & Midwifery Faculty

Dissertation submitted for Master of science in nursing

Title: The effect of educational intervention based on family centered empowerment on mental health and health promotion behaviors in elderly women: a randomised controlled trial.

Author: Nasrin Mohammadi Someae

Supervisors: Shirin Barzanjeh Atri

Adviser: Dr. Azizeh Farshbaf Khalili / Dr. Hossein Namdar

Title: The effect of educational intervention based on family centered empowerment model on mental health and health promotion behaviors in elderly women: a randomized controlled trial.

Abstract

Background and Purpose: Many of the problems of old age are caused by unhealthy lifestyle in this era. Adopting health promoting behaviors will prevent and reduce age-related problems, and consequently the cost of illness in this period will be reduced.

Methods: This is a randomized controlled trial that was performed on 60 women over 60 years old who referred to five elderly- friendly health center in Tabriz-Iran in 2018 -2019. The instrument used was a three-part questionnaire of demographic and anthropometric characteristics, Health Promotion Lifestyle Profile 2 (HPLP2), and General Health Questionnaire (GHQ). Comparisons between two groups were performed using independent t-test and one way ANOVA, chi square, chi-square, Fisher exact test at baseline. In order to compare the lifestyle, Anthropometric, and mental health scores before intervention independent t-test, Mann-Withney and after intervention at different time intervals (4 weeks and 8 weeks after completion) ANCOVA, ANOVA with repeated measure adjusted for baseline scores, and Friedman tests were used. The results of the study were analyzed using SPSS version 13 and at the significance level of <0.05.

Results: There was no statistically significant difference between the two groups in Individual-Social characteristics ($P > 0.05$). There was no significant difference in the general score of mental health and its sub-scales (somatic, anxiety and insomnia, , social dysfunction , and severe depression scores) before and after the intervention ($P > 0.05$). There was no statistically significant difference between the intervention and control groups in terms of overall score of health promotion behaviors before intervention ($P > 0.05$). But based on the ANCOVA test, one month (mean difference: 13.5, 95% confidence interval: 3.5 to 23.6, $P = 0.009$) and two months (mean difference: 16.7, 95% confidence interval: 5.7 to 27.8, $P = 0.004$) after intervention, the mean score of general health behaviors in the intervention group was significantly higher than the control group. Two months after intervention, there was a significant difference in body mass index between groups (mean difference: -0.7, 95% confidence interval: -1.4 to -0.1, $P = 0.033$).

Conclusion: The results of this study indicated that the implementation of education based on family-centered empowerment model was positive. Considering the role of family in care of the elderly, considering the role of family in education with this model is recommended for achieving the desired quality of life and promoting the health of this valuable community.

Key words: Elderly, Health promotion behaviors, Mental health, Family Centered Empowerment Model