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The effect of educational intervention based on PRECEDE model for anxiety of nursing staff of Alzahra Hospital in Rasht, 2016

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Anxiety is a common mental disorder in many countries. The global prevalence of anxiety is estimated to be 12%. Anxiety is in all of the occupation but it is more prevalent in hospital staffs, especially among nurses. The prevalence of anxiety among nurses is higher than other people. This study was done in Alzahra hospital on 64 members of the nursing staffs according Spielberger questionnaire. Individuals were divided randomly in intervention and control groups. Assaying of anxiety was done using Spielberger questionnaire and for assaying intervention we used designed questionnaire based on PRECEDE model. The educational intervention was done in 4 sessions according to PRECEDE model (Predisposing factors- Enabling factors- Reinforcing factors). The results of this study showed that the mean of anxiety score and also predisposing factors, enabling factors, reinforcing factors before training in 2 groups did not significantly differ, but after training, the amount of anxiety score was significantly decreased in intervention group in comparison to control group, also after training the amount of predisposing factors-enabling factors-reinforcing factors increased significantly in intervention group in comparison to control group (p<0.05). The effect of reduction training based PRECEDE model in reduction of anxiety in nursing staffs was studied. PRECEDE model is the best theory model in planning of health education and health promotion.

Biography

Davoud Shojaeizadeh has completed his PhD from Liverpool University, Liverpool, England. He is a Member of the Faculty of Tehran University of Medical Sciences.

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Notes:

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