

The impact of Education on Modification of Lifestyle Personality Dimensions Associated with Osteoporosis in Female Students

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Abstract

Background & aim: Osteoporosis is considered as a chronic and progressive skeletal condition that might be associated with some alterations in lifestyle of different populations. Lifestyle of the students can highly affect the community due to the large young population in country. Therefore, the present study aimed to investigate the impact of education on modification of the lifestyle personality dimensions related to osteoporosis in female students.

Methods: This quasi-experimental trial was conducted on the female students of Islamic Azad University of Kazeroon, Iran in 2016. Sampling was performed using multistage random method through which a total of 133 students were selected. Afterwards, the subjects were randomly assigned to the two groups of intervention and control. The intervention performed as weekly lectures during two months with 40 minute session in each domain. The participants filled out the demographic and Health Promoting Lifestyle Profile II questionnaires pre- and post-intervention, as well as two months later. All the data were analyzed by repeated measures analysis of variance (ANOVA) to assess the changes in lifestyle scores using SPSS software version 24.

Results: Results revealed that changes in the mean lifestyle scores regarding each of the related dimensions, including accountability, stress management, interpersonal support, and self-actualization were statistically significant in both groups. Moreover, the effect of time on improving accountability, stress management, and self-actualization was significant ($P < 0.05$).

Conclusion: The Findings of this study demonstrated that educational intervention might enhance the personality dimensions that are related to lifestyle and play role in prevention from osteoporosis. Consequently, it could be concluded that the training programs in this regard should be taken into consideration in policy making issues. Further studies on other aspects and health behaviors can be of great benefit and are recommended.

Keywords: Education, Lifestyle, Osteoporosis, Personality