

Joint Event
3rd International Conference on
Spine and Spine Disorders
&
International Conference on
Addiction Research and Therapy

November 26-27, 2018 | Dubai, UAE

The effects of a theory – Based educational program on beliefs and physical activity behavior of chronic low back pain patients

Sedegheh Sadat Tvaifan and **Golam Ali Heidari**
Tarbiat Modarres University, Iran

This is a randomized clinical trial study in which the effectiveness of an educational program on beliefs and Physical Activity (PA) behavior of Chronic Low Back Pain (CLBP) was explored. Firstly, 88 eligible patients were randomly divided into the intervention (N=43) and the control group (N=45). Just the intervention group received the educational program based on Theory of Reasoned Action (TRA). The mean age of the intervention and the control group were 40.14 ± 6.8 and 38.33 ± 5.46 respectively. The constructs of behavioral beliefs ($p=0.002$), evaluation of behavioral outcomes ($p<0.001$), normative beliefs ($p<0.001$) and motivation to comply with normative belief ($p=0.005$) in the intervention group were improved significantly compared with the other group. Although, PA in the intervention group was promoted for 6

months ($p<0.001$), the interaction between time and group in terms of this behavior was not significant ($p=0.21$). This study verified that the designed educational program based on TRA constructs could improve beliefs of CLBP patients to decrease fear of pain and physical inactivity. This study showed the designed theory-based education program could be a baseline to improve beliefs of CLBP patients to increase their PA gradually.

Speaker Biography

Sedegheh Sadat Tvaifan has completed her PhD at the age of 44 years from Tehran University of Medical Sciences, Iran. She is the professor of Tarbiat Modares University, Iran. She has over 55 publications that have been cited over 500 times, and her publication H-index is 13 and has been serving as an editorial board member of reputed Journals.

e: tavafian@modares.ac.ir



Notes: