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Health educational program based on stage of change theory and life style in patients suffering from knee arthritis: a clinical trial study

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Abstract

Introduction: Knee OA is possibly the most common caues of all specific RDs in most communities. This study aims to examine the effects of a theory based - based rehabilitation program based on stage of behavior change towards healthy life style among Iranian patients living with knee osteoporosis.

Methods: This is a clinical trial study in which participants were recruited at Rheumatology Research Center of Tehran University of Medical Sciences From the eligible patients, 168 individuals were randomly divided to control or intervention group. Patients in the control group received just oral drug treatment while patients in the intervention group received oral drug treatment plus multidisciplinary rehabilitation program. The program involves three two-hour and two one – hour group sessions over a one week period, each was delivered by different specialists such as psychologist, rheumatologist, nutritionist, physiotherapist and health education specialist. Data on demographic characteristics and stage of behavior change were collected at 0, 3-, and 6 - month follow ups. Data were analyzed using repeated measure ANOVA.

Results: Totally from 146 patients entered into the study, 64 patients with mean age of 59.03 ± 18.13 in intervention groups and 66 patients with mean age of 57.85 ± 9.31 in control group continued the study. At initial of the study there were no differences between two groups in terms of demographic characteristics. However, intervention group was significantly better than control group in terms of nutrition behavior up to three months (P= 0.002), and six month (P= 0.013),as well as controlling risky behaviors regarding knee arthritis up to three months (P= 0.001).

Conclusion: The results of the study showed the educational program based on stage of change could control risky behaviors regarding knee arthritis.

Keywords: knee arthritis, Educational program, Stage of change theory, Healthy Behavior.

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