



Accident prevention behaviors in motherd of children under 5-years: Application of Health Belief Model

Ali Khani Jeihooni¹, Zahra Fazelniya²

Abstract

Background: As the public health problems, accidents are the most important causes of child mortality. The present study aimed to determine the effect of educational intervention based on health belief model on accident prevention behaviors in mothers of children under 5-years of age.

Methods: This quasi-experimental study was conducted on 200 mothers in Fasa city who were purposefully selected and randomly divided into two groups of intervention and control. Data collection tools were demographic characteristics and health belief model questionnaire. Questionnaires were completed twice before and 3 months after the intervention. After the pre-test, the educational intervention was performed through 6 sessions of 30-35 min in a WhatsApp group. Data were analyzed using SPSS 22 through Chi-square test, independent *t*-test and paired *t*-test ($p=0.05$).

Results: The mean age of mothers in the experimental and control groups was 30.14 ± 4.35 and 31.08 ± 4.31 years. Mean score of awareness, perceived sensitivity, perceived severity, perceived benefits, perceived self-efficacy, cues to action, and accident prevention behaviors significantly increased 3 months after the intervention.

Conclusion: This study showed the effectiveness of educational intervention based on health belief model on accident prevention behaviors in mothers of children under 5-years of age.

Keywords: Health belief model, Accidents, Mothers

Background

Accidents in children are among the important public health problems [1]. Studies also showed that the first leading cause of death in the first five years of life is accidents, more than 95% of which occur in low- and middle-income countries [2]. According to The United States Centers for Disease Control and Prevention, unintentional accidents are the fifth leading cause of death in children under 1-year of age and the first leading cause of death in children aged 1–4 [3]. In India,

10–15% of deaths, 20–30% of hospitalizations, and 20% of disabilities in children are due to accidents [4]. In Japan, accidents have been the leading cause of death in children for the past 50 years [5]. According to Iran Ministry of Health and Medical Education, 19–37% of child deaths are due to unintentional and often preventable accidents such as fall, burning, road accidents, drowning, and poisoning [6]. Treating the injuries of accidents and lifelong costs caused by the complications for children have a significant economic burden for the health system of countries [7, 8]. If the scope of attention to the health consequences of accidents becomes wider, most of the consequences would not be limited to immediate injuries caused by the accident.

*Correspondence: khani_1512@yahoo.com

⁵ Nutrition Research Center, Department of Public Health, School of Health, Shiraz University of Medical Sciences, Shiraz, Iran

Full list of author information is available at the end of the article