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The effect of educational program based on health belief model (HBM) on self efficacy related to condom use for preventing of sexually transmitted diseases (STDs) and AIDS among youth addicts admitted to the drug treatment centers

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Aim: One of the most important factors for prevention of STDs and AIDS is teaching on self efficacy about condom use in young people. The aim of this study was to investigate the effect of educational program based on HBM on self efficacy related to condom use for preventing of STDs and AIDS among drug addicted young people.

Material and Method: This is a randomized controlled clinical trial study. Participants were recruited through purposive sampling and randomly assigned to control (N=40) and experimental group (N=40). Data gathering tools included questionnaire based on HBM and Self Efficacy. At first, questionnaires were completed by subject in both groups. Then, the educational protocol was implemented for the experimental group. They were trained in a 2 session educational program (each session 30 minutes) based on health belief model. They also took an education booklet. Two months after the intervention, questionnaires were completed again by subject in both groups. The resulted data were analyzed by use of SPSS software.

Results: There was no significant difference between the two groups in the characteristics of the participants before the intervention. There was no significant relationship about self efficacy and elements of HBM (knowledge level, perceived severity, cues to action, benefits, barriers) in two groups before intervention. In comparison of the two experimental and control groups after education showed that the mean score of all studied constructs of the health belief model, as well as the self efficacy were increased significantly.

Conclusion: The results of this study showed that the education based on HBM seems to be helpful in promoting the self efficacy related to condom use for preventing of Sexually transmitted diseases (STDs) and AIDS among youth addicts. Considering the youth and their susceptibility, it is necessary to teach them. We should use the best model of teaching for health.

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