

Abstract

Original Article

Osteoporosis-Related Risk Factors and Health Beliefs of Women Who Are First-Degree Relatives of Turkish Nursing Students

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Abstract

Background: It is important to be aware of the risk factors, attitudes and behaviors about osteoporosis for the development of preventive health behaviors. The aim of study is to examine osteoporosis-related risk factors and health beliefs of women who are relatives of nursing students.

Methods: The study was descriptive and cross-sectional. The participants were 243 females who were first-degree relatives of nursing students attending a school of nursing. The data collection form that consist of questions aimed at determining the women's some socio-demographic characteristics and their risk of osteoporosis and "Osteoporosis Health Belief Scale" were used in the data collection.

Results: The mean age of the women participated in the study was 45.15 ± 5.60 . Women's osteoporosis health belief scale total score average was 141.64 ± 15.11 . Both mean subscale scores of the benefit of exercise (24.08 ± 4.00) and mean subscale scores of the benefits of calcium intake (23.56 ± 3.59) were found to be high mostly when considering average subscale scores of women.

Conclusion: It is important to raise women's awareness with educational programs about osteoporosis risk factors, symptoms, and prevention ways. Relevant interventions are required to planning and implementation of patient-centered.

Key Words: Osteoporosis, health belief model, nursing students, women.