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NARIT CENNOY : THE EFFECTIVENESS OF A HEALTH EDUCATION
PROGRAM ON DIETARY CONTROL AND EXERCISE BEHAVIOR MODIFICATION
AMONG DIABETIC PATIENTS, HANKHA HOSPITAL CHAINAT PROVINCE .THESIS
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This quasi-experimental research using applied protection motivation theory with significant others was designed to modify dietary control and exercise behavior among non-insulin dependent diabetic patients. The samples consisted of NIDDM out patients, 40-60 years of age, who visited the diabetic clinic at Hankha Hospital and Sankaburi Hospital. Forty-four subjects of Hankha Hospital were assigned into the experimental group and forty-four subjects of Sankaburi Hospital were in the comparison group. The experimental group participated three times in a health education program based on protection motivation theory while the comparison group participated in a regular health education program. The data was collected through interview schedules and plasma blood glucose (PBG) records before and after the experiment. Data was analysed by using frequency distribution, arithmetic mean, standard deviation, student's t-test and paired samples t-test.

The results of the study revealed that after the experiment, the experimental group performed significantly better than before the experiment regarding their perception of the severity of the disease, probability, self-efficacy, response expectations and practices about eating and exercise behavior and than the comparison group. The PBG of the experimental group was significantly lower than prior to the experiment and than the comparison group. This health education program should be applied to diabetic patients in other hospitals.