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AMORN RAT KETDARA : HEALTH PROMOTING BEHAVIORS FOR  
CORONARY HEART DISEASE PREVENTION AMONG CHAINAT HOSPITAL  
EMPLOYEES, CHAINAT PROVINCE. THESIS ADVISORS: WASANA JUNSAWANG, M.A.  
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The main purpose of this study was to determine the effectiveness of a health education programme on health promoting behaviors for coronary heart disease prevention affecting Chainat hospital employees, Chainat province. The Protection Motivation Theory, group process and social support were modified in order to formulate the health education programme. Samples consisted of 50 Chainat hospital employees who had attended the health education program for 12 weeks duration. Self - administered questionnaires and records for food consumption and exercise were used for data collection before and after the programme. Data were analyzed by using percentage, mean, standard deviation and paired samples t - test.

The findings showed that the health education programme enabled the samples to have significantly positive perceptions, intention and more positive level of behaviors to avoid coronary heart disease than before the intervention. The cholesterol levels and body mass index of the experimental group were significantly lower than the prior levels.

In conclusion, the health education program by applying Protection Motivation Theory with group process and social support preventive behaviors for coronary heart disease is effective for changing behaviors in order to prevent coronary heart disease. Thus, this programme should be applied to other similar target groups.