

Thesis Title The Effectiveness of Health Education Program,
Using Health Belief Model, for Pulmonary Tuberculosis
Patients at Tuberculosis Division, Bangkok.

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Degree Master of Science in Public Health (Health Education)

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ABSTRACT

Pulmonary tuberculosis, a chronic communicable disease has led to socio-economic and health problems in Thailand. In addition, a number of pulmonary tuberculosis patients have improper health behavior in caring themselves and do not follow the advice given by doctors and nurses. Health education program may help solve the problems related to those patients' health behavior.

The main objective of this research was to study the effectiveness of health education program, applied from Health Belief Model framework suggested by Becker and Maiman, for pulmonary tuberculosis patients. Pulmonary tuberculosis knowledge, beliefs concerning susceptibility, severity, benefit and practice were considered. The relationship between each selected factors : time spent for travelling, education levels, experience regarding pulmonary tuberculosis, treatment of pulmonary tuberculosis, motivation, satisfaction and the patient's return for treatment on appointment were explored.

The sample were 102 pulmonary tuberculosis patients who visited a doctor for the first time and received treatment with short course chemotherapy 2HRZ/4H₂R₂ at Tuberculosis Clinics of Bangkok's Tuberculosis Division from January to October 1988. The sample were selected and assigned to experimental and comparison groups. The experimental group consisted of 54 patients and the comparison group consisted of 48 patients.

The instruments used for collecting data were structured interview schedule and observation form. The experimental group received planned health education program while the comparison group received the conventional instruction. Data were collected from the two groups before, between and after health education program.

Percentage distribution, arithmetic means, standard deviation, student t-test, pairs t-test and chi-square were used to analyse the data. The result revealed as follows :

1. In experimental group, before and after providing planned health education program, the results revealed as follows :

After the planned health education program, pulmonary tuberculosis knowledge, belief concerning susceptibility, belief concerning severity and belief concerning benefit of compliance were significantly higher (P-Value < 0.001)

2. In experimental group, after providing planned health education program, the results revealed as follows :

Pulmonary tuberculosis knowledge, belief concerning susceptibility, belief concerning severity and belief concerning benefit were significantly higher than the comparison group (P-Value < 0.001)

3. After experiment health practices in the experimental group was significantly higher than the comparison group (P-Value < 0.001)

4. After experiment, the results of the observation were as follows:

4.1 Follow up practice of the experimental group was not significantly better than the comparison group.

4.2 Practice on taking medicine of the experimental group was similar to the comparison group.

4.3 The result of the sputum examination of the experimental group was significantly better than the comparison group (P-Value = 0.002)

5. There was no relationship between each of the following selected factors : time spent for travelling, education levels, experience regarding pulmonary tuberculosis, treatment of pulmonary tuberculosis, motivation, satisfaction and the patient's return for treatment on appointment.

6. Suggestions for further research

6.1 Large sample size should be utilized.

6.2 Before providing planned health education program, data related to patient's health practice should be collected.

6.3 During the implementation of planned health education program, data related to belief and health practice should be collected every two months.

6.4 Comparison study regarding knowledge, belief and health practices between patient who has relative and has not relative attending the planned health education program should be conducted.