

**Thesis Title**      The Effectiveness of Health Education Program on  
Prevention and Control of Iodine Deficiency Disorders  
Among Primary School Students, Pong District, Payao  
Province.

**Name**                Rapeepan Sirinart

**Degree**             Master of Science in Public Health (Health Education)

**Thesis Supervisory Committee**

Vason Silapasuwan, M.P.H., Dr.P.H.

Romsai Suwanik, M.Sc., M.D.

Nipa Manunpichu, B.S., M.A.

Nirat Imamee, M.P.H., Ph.D.

**Date of Graduation**    7 March B.E 2533 (1990)

**ABSTRACT**

The main objective of this quasi-experimental research was to assess the effectiveness of health education program on Prathomsuksa 4-6 students' prevention and control of Iodine Deficiency Disorders. The schools which are facing goitre problem among students were assigned randomly to be the experimental group and the control group. The experimental group was scheduled to participate in the health education program which was designed for the students. Structured questionnaire for students, Self-report for recording students' drinking water at school and reporting forms for checking iodate water, iodate salt and iodate nam-pla (fish sauce) at home were employed to collect data. The study was divided into four phases : Pre-test, Post-test, 2 weeks and 4 weeks follow-up

phases. Frequency distribution, percentage, arithmetic mean, standard deviation, t-test and Pearson's product moment correlation coefficient were used to analyse the data.

The results revealed as follows.

1. Post-test, 2 weeks and 4 weeks follow-up phases, the knowledge on prevention and control of IDD among the experimental group was significantly better than the Pre-test.

2. Post-test, 2 weeks and 4 weeks follow-up phases, the attitude towards drinking iodate water at school among the experimental group was significantly more positive than Pre-test.

3. Post-test, 2 weeks and 4 weeks follow-up phases, the belief in prevention and control of IDD among the experimental group was significantly more positive than the Pre-test.

4. Post-test, 2 weeks and 4 weeks follow-up phases, the experimental group drank iodate water significantly more than the Pre-test.

5. Post-test, 2 weeks follow-up phases excluding 4 weeks follow-up phase, the social support provided for experimental group was significantly higher than the Pre-test phase.

6. Regarding an introduction of iodate to water at home among the experimental group, Post-test and 2 weeks follow-up phases excluding 4 weeks follow-up phase, it was significantly done more than before.

7. According to Post-test, 2 weeks and 4 weeks follow-up phases iodate salt was significantly consumed by experimental group more than Pre-test.

8. Regarding an introduction of iodate to nam-pla(fish sauce) among the experimental group, Post-test, 2 weeks follow-up phases excluding 4 weeks follow-up phase, it was done more than Pre-test. In contrast, Iodine was introduced to nam-pla by experimental group more than the control group in all phases.

9. Iodine was introduced to water at school by experimental group according to Post-test more than Pre-test, but was less than the control group. In addition, 2 weeks and 4 weeks follow-up phases revealed that Iodine was introduced to water by experimental group less than control group.

Regarding the research findings, the students should be continuously reminded about prevention of IDD by their teachers while school teachers and parents have to be regularly provided for supervision programs by local health personnel about need for introducing Iodine to drinking water for their children and needed skill to introduce it.