

Thesis Title An Application of Self-Efficacy Theory to Modify Compliance
 Behavior among Pulmonary Tuberculosis Patients at the
 Tuberculosis Regional Center 2, Saraburi Province.

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ABSTRACT

Pulmonary tuberculosis is still one of the major public health problems of various countries through out the world. At present, pulmonary tuberculosis is already an opportunistic infection that most frequently kills HIV positive patients. It can increase the number of tuberculosis cases and the spreading of the disease. Although there are highly effective medicines for the treatment of pulmonary tuberculosis, there are many patients who do not come to the clinic continuously and do not practice appropriate compliance behavior especially in regards to taking medicine. The discontinuation of the treatment is the significant treatment failure which causes the increased morbidity and mortality rates including drug resistance. Thus, it is an urgent need to find an appropriate strategy to promote compliance behavior.

The main objective of this quasi-experiment research was to assess the effectiveness of a health education program to modify compliance behavior among pulmonary tuberculosis patients. In designing the program, the key concepts of Self-Efficacy Theory and Social Support were applied. The sample of this study consisted of 97 pulmonary tuberculosis patients. Forty-nine of them were assigned into the experimental group while the rest were in the comparison group. Data were collected both before and after conducting the experiment using interview questionnaires.

Percentage distribution, arithmetic mean, standard deviation, student's t-test, paired samples t-test, Pearson's Product Moment Correlation were utilized to analyse the data.

The results of the study showed that the experimental group had significantly better knowledge, perceived self-efficacy, outcome expectation after the experiment than prior to conducting the experiment and than the comparison group. For practice about compliance behavior the experimental group had significantly better compliance than the comparison group. It was also found that knowledge, perceived self-efficacy, outcome expectation were not significantly correlated with compliance behavior.

These results indicated that the planned health education program with the application of the Self-Efficacy Theory and Social support could enable the pulmonary tuberculosis patients to improve their knowledge, preceived self- efficacy and outcome expectation as well as their compliance behavior. It is recommended that this program should be applied and expanded to other tuberculosis regional centers.