

**Thesis Title**            The Effectiveness of Health Promotion Program  
                                 on Behavior Changes of Diabetic Patients at  
                                 Paholpolpayuhasana Hospital Kanchanaburi Province

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**ABSTARCT**

This study was a quasi-experimental research design. The purpose of research was to the effectiveness of health promotion program on behavior changes of diabetic patients which include knowledge and practice , self-efficacy theory, relationship problem solving were applied. The steps of intervention are building relationship, study promblem , providing information , goal setting , planning , advicing , reminding , and reinforcing.

The 80 subjects were non-insulin dependent diabetic patients who came to attended diabetic clinic at the out patient department Paholpolpayuhasana Hospital during January to March 1994. The samples were randomized into experimental and control groups.

There were 40 patients in each group. The experimental group received individual health promotion program intervention 3 times and each 1 hour for 2 weeks period. The total time spent was 8 weeks. The control group received routine teaching. Data were collected through interviewing by questionnaires before and after the experiment. The statistics analysed were done by using percentage, means, standard deviation, paired t-test, and t-test.

The results of this study revealed that :

1. Before the experimentation, the experimental group and the control group had no significant different between knowledge and practice in self-care related to food control, exercise, footcare, and reduced smoking .
2. After the experimentation, the knowledge and practice in self-care related to food control, exercise, footcare, reduced smoking mean score of the experimental group was statistically higher than the control group before the experimentation ( $p\text{-value} < 0.001$ ).
3. After the experimentation, the gained mean score on knowledge and practice in self-care related to food control, exercise, footcare reduced smoking of the experimental group was statistically higher than the control group ( $p\text{-value} < 0.001$ ).

The results of the study showed that the health promotion program used in this study can be applied to increase positive health knowledge and practice in self-care related to food control, exercise footcare, reduced smoking among diabetic patients. It is recommended that health promotion program should be applied to diabetic patients in others hospital .