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BUSABA CONSUNSI: THE EFFECTIVENESS OF HEALTH PROMOTION
PROGRAM FOR MENOPAUSE CLINIC CLIENTS, KING CHULALONGKORN
MEMORIAL HOSPITAL THE THAI RED CROSS SOCIETY. THESIS
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Menopause is regarded as a physiologic change of life in which both ovaries permanently lose reproductive function. Whilst some women undergo this transitional period without significant health problems, others suffer progressive deterioration. This quasi-experimental research was aimed to determine the effectiveness of a health promotion program on knowledge about menopause, attitudes toward menopause, social support, health promotion behaviors, and climacteric syndrome change of menopausal women, including body mass index, blood pressure, and cholesterol level, who attended in the Menopause Clinic, King Chulalongkorn Memorial Hospital The Thai Red Cross Society. The program applied the principles and concepts of group process and social support as a scope for developing the health promotion program. The total number of respondent was 82, aged 45-59 years, and cholesterol level higher than 200 mg/dl. The respondents were divided into the experimental group of 40 women and the comparison group of 42 women. The experimental group participated in health promotion program 3 times, each time was 4 weeks apart, while the comparison group received regular service from the Menopause Clinic. The data were collected before and after the intervention by self-administered questionnaires, and measuring weight, blood pressure, and cholesterol level.

The results of this study showed that: the experimental group's knowledge about menopause, attitudes toward menopause, social support, and health promotion behaviors was significantly higher than of the pre-experimentation and also higher than the comparison group ($p\text{-value} < 0.001$). It was also found that the climacteric syndrome of the experimental group was significantly decreased ($p\text{-value} = 0.0065$). Furthermore, the experimental group's body mass index, blood pressure, and cholesterol level were improved.

The health promotion program developed was shown to improve the knowledge, attitudes, social support, health promotion behaviors, climacteric syndrome, body mass index, blood pressure, and cholesterol level. This program should be applied with other groups of menopausal women.