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KEY WORDS : SELF-HELP GROUP / ANXIETY / HIV-INFECTED MOTHERS/ CHILD CARE

PUANGPORN KOJARANJIT: THE EFFECTIVENESS OF THE SELF - HELP GROUP TOWARDS THE CHILD CARE BEHAVIORS OF HIV-INFECTED MOTHERS WITH ANXIETY AT QUEEN SIRIKIT NATIONAL INSTITUTE OF CHILD HEALTH. THESIS ADVISOR: ROONGROTE POOMRIEW, M.P.H., Ph.D., SUREE CHANTHAMOLEE, M.P.H., Dr.P.H. CHANCHAI YAMARAT, B.Sc., M.S.P.H 100 p. ISBN 974-664-106-9

The objective of this study is to investigate the effectiveness of self-help group in child care behaviors of HIV-infected mothers with anxiety at Queen Sirikit National Institute of Child Health. The health education program is based on self-help group comprising HIV positive mothers with anxiety problems. The subjects were 50 HIV-infected mothers who took their children to immunological clinic in Queen Sirikit National Institute of Child Health, Bangkok. The data were collected through interview schedules before and after participation in a series of 4 self-help group sessions. Statistical methods included percentage, arithmetic mean, standard deviation and Paired Samples t-test.

The result of the study indicated that after participation in the self-help group, mean scores on knowledge about HIV infection /AIDS self care and child care were significantly increased while mean scores on their anxiety were significantly decreased and their child care behaviors mean scores were significantly increased (p-value < 0.001).

This study suggested that a health education program using self-help group for HIV- infected mothers was very helpful through sharing common experiences and thereby gaining knowledge in reducing anxiety and significantly improving the child care behaviors of HIV-infected mothers.