

Abstract

Original Paper

Evaluation of Knowledge and Self-Efficacy about Osteoporosis Perception among Females in the Faculty of Nursing in Port-Said, Egypt

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Abstract

Background: Osteoporosis can severely affect the patient's health, function, quality of life and it is also becoming a social disease. The best way to prevent osteoporosis is increase osteoporosis knowledge and enhancing woman self efficacy.

Aim: The aims of this study were to evaluate the osteoporosis knowledge levels and self- efficacy perceptions of female in Port-Said Faculty of Nursing and to determine demographics characteristics were effect on osteoporosis knowledge and self efficacy perception.

Methods: A one-group quasi-experimental design with repeated measurements was conducted. The sample consisted of 133 of female who work and study in the faculty. Data were collected by a Demographic Questionnaire, Osteoporosis Knowledge Test and Osteoporosis Self- Efficacy Scale.

Results: The majority (n= 54, 40.60%) ranged in age from 26 to 32 years. Participant osteoporosis knowledge (15.20±3.70) and osteoporosis self-efficacy perception mean scores (1425.54±36.11) were low. It has been determined that osteoporosis self-efficacy increases as osteoporosis knowledge increases.

Conclusion: The findings clearly indicate that women did not have adequate knowledge about osteoporosis and their self-efficacy of osteoporosis is low. Educational interventions can be undertaken to improve women knowledge and strength self efficacy.

Key word: Knowledge of osteoporosis, Self-Efficacy, educational program, osteoporosis.