

بسم الله الرحمن الرحيم



HOSSAM MAGHRABY



شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



HOSSAM MAGHRABY

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
على هذه الأقراص المدمجة قد أعدت دون أية تغيرات



يجب أن

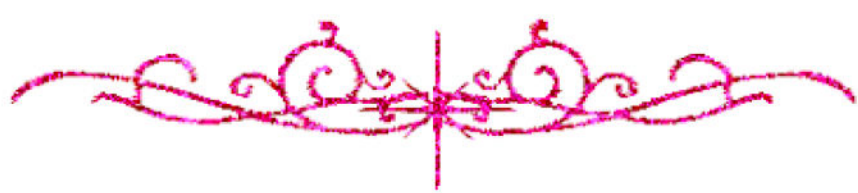
تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



HOSSAM MAGHRABY



بعض الوثائق الأصلية تالفة



HOSSAM MAGHRABY



بالرسالة صفحات

لم ترد بالأصل



HOSSAM MAGHRABY

Application of Health Belief Model among Youth at High Risk for Obesity in West Bank (Palestine)

Thesis

*Submitted in Partial Fulfillment of the Requirement
of the Doctorate Degree*

In

Nursing Science

Community Health Nursing

By

Mustafa Mohammad Shouli

Assistant Lecturer in Ibn Sina College for Health Sciences

Ministry Of Health/Palestine

Master Public Health (2002)

Alquds University/Palestine

Community Health Nursing

Faculty of Nursing

Ain Shams University

2018

Application of Health Belief Model among Youth at High Risk for Obesity in West Bank (Palestine)

Thesis

*Submitted in Partial Fulfillment of the Requirement
of the Doctorate Degree*

In

*Nursing Science
Community Health Nursing*

Supervised by

Prof. Dr./ Nawal Mahmoud Soliman

*Prof. of Community Health Nursing
Faculty of Nursing – Ain Shams University*

Dr. / Hemat Abd El moneem Elsayied

*Assist. Prof. of Community Health Nursing
Faculty of Nursing – Ain Shams University*

**Community Health Nursing
Faculty of Nursing
Ain Shams University
2018**

Acknowledgements

*First, and foremost, my deepest gratitude and thanks should be offered to **"ALLAH"**, the most kind and most merciful, for giving me the strength to complete this work,*

*I would like to express my sincere gratitude to **Prof. Dr./ Nawal Mahmoud Soliman** Prof. of Community Health Nursing, Faculty of Nursing – Ain Shams University, for her continuous support and guidance for me to present this work. I'm really honored to work under her generous supervision.*

*I acknowledge with much gratitude to **Dr./ Hemat Abd El moneem Elsayied**, Assist. Prof. of Community Health Nursing, Faculty of Nursing – Ain Shams University, for her great supervision and unlimited help to provide all facilities to accomplish this work,*

I would like to thank members of the thesis committee for their valuable contributions.

I acknowledge with deepest gratitude to Embassy of The State of Palestine for their continuous support and encouragements.

My gratitude to the soul of our prestigious educator Dr. Hussein Al-Shyoukhi, and his family for their encouragement, and great support.

*Last but not least, thanks to **My Family**, my parents, my brothers and sisters, my wife for helping me to finish this work,*

✍ **Mustafa Shouli**

List of Contents

<i>Subject</i>	<i>Page No.</i>
List of Contents	1
List of Abbreviations	i
List of Tables	ii
List of Figures	v
Abstract	vii
Introduction	1
Aim of the study	7
Review of Literature	
Part I: Overview of Youth	8
Part II: Overweight & Obesity	24
Part III: The Health Believe Model (HBM)	47
Part IV : Role of Community Health Nurse	52
Subjects And Methods.....	59
Results	73
Discussion	110
Conclusion and Recommendations	126
Summary	130
References	137
Appendix	166
Arabic Summary.....	-

List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
ANOVA	: Analysis of Variance
BMI	: Body mass index
BRFSS	: The Behavioral Risk Factor Surveillance System
CDC	: Centers for Disease Control and Prevention
CHN	: Community health nurse
HBM	: Health Belief Model
ICN	: International Council of Nurses
MOH	: Ministry of Health
NCHS	: National Center for Health Statistics
PCOS	: Polycystic Ovary Syndrome
USA	: United state of America
WC	: Waist Circumference
WHO	: World Health Organization
WHR	: Waist-to-hip ratio
WSR	: Waist-to-stature ratio

List of Tables

<i>Table No.</i>	<i>Title</i>	<i>Page No</i>
Table of Review		
Table (1)	Classification of Obesity Based on Body Mass Index (BMI).	29
Table (2)	Summary of the Available Evidence for Key Recommendations Tchoukalova et al., 2012	46
Table of Results		
Table (1)	Distribution of university students according to their socio demographic characteristics (N=117).	74
Table (2)	Distribution of university students according to their body mass index (N=117).	76
Table (3)	Distribution of university students according to their family history (N=117).	77
Table (4)	Distribution of university students according to their total consumption for different types of food intake (N=117).	78
Table (5)	Distribution of university students according to their correct knowledge related obesity and risk pre/post nursing intervention program (N=117)	80
Table (6)	Distribution of university students according to their correct knowledge related nutritional habits, and its consequences on health during adolescence period pre/post program (N=117)	82
Table (7)	Percentage distribution of university students according to their taking the healthy food pre/post nursing intervention program (N=117).	84

Table No.	Title	Page No
Table (8)	Percentage distribution of university students Practices according to their regular physical exercises pre/post program (N=117).	86
Table (9)	Percentage distribution of university students according the effect of obesity on their physical health pre/post program (N=117).	88
Table (10)	Percentage distribution of university students according the effect of obesity on their self- esteem pre/post program (N=117)	90
Table (11)	Percentage distribution of university students according the effect of obesity on their social distress pre/post program (N=117).	92
Table (12)	Mean score level of university students according to their Perceived threat of obesity (Perceived severity and susceptibility) (N=117)	94
Table (13)	Mean score level of university students according to their Perceived benefits of weight reduction (N=117)	96
Table (14)	Mean score level of university students according to their Perceived barriers to weight reduction (N=117).	97
Table (15)	Mean score level of university students according to their Cues to action for weight reduction (N=117)	99
Table (16)	Mean score level of university students according to their Perceived self efficacy in dietary life for weight reduction (N=117)	100
Table (17)	Mean score level of university students according to their Perceived self efficacy in exercise for weight reduction (N=117).	102

Table No.	Title	Page No
Table (18)	Mean score level of university students according to their Perceived self efficacy in -Behavioral intention for weight reduction (N=117)	104
Table (19)	Multiple regressions on behavior intention of weight reduction (N=117)	105
Table (20)	Relation between student's total correct knowledge and socio-demographic characteristics	106
Table (21)	Relation between student's total practices and socio-demographic characteristics.	107
Table (22)	Mean differences of correct knowledge and practices pre/post program intervention (N=117)	108
Table (23)	Correlation between student's practices and selected health belief model	109

List of Figures

<i>Figures No.</i>	<i>Title</i>	<i>Page No</i>
Figures of Review		
Fig.(1)	Ranking of the prevalence of obesity in Arabic countries. Badran M and Laher Ismail (Obesity in Arabic-Speaking CountriesHindawi Department of Pharmacology and Therapeutics, Faculty of Medicine, University of British Columbia, Vancouver,Journal of Obesity, August (2014)	26
Fig.(2)	Ecologic model relating the built environment to physical activity, diet, and body weight. BMI, body mass index Papas et al., (2013); A The Built Environment and Obesity , University of Illinois at Chicago, School of Public Health. (2013); V 29:129-143 DOI: 10.1093	37
Fig.(3)	Schematic outline of the Health Belief Model and the Theory of Planned Behaviour :National Institutes of Health website on gene-environment interactions..	51

<i>Figures No.</i>	<i>Title</i>	<i>Page No</i>
Figure of Results		
Fig.(1)	Distribution of university students according to their body mass index	76
Fig.(2)	Total correct knowledge of student related to obesity	81
Fig.(3)	Total correct knowledge of student related nutritional habits, and its consequences pre/post nursing program	83
Fig.(4)	Total Practices of students according to their healthy food pre/post program	85
Fig.(5)	Total Practices of students according to their regular exercises pre/post program	87
Fig.(6)	Total physical exercises pre/post nursing intervention program	89
Fig.(7)	Total effect of obesity on student self- esteem pre/post program	90
Fig.(8)	Total effect of obesity on their social distress pre/post program.	93