

## #1990 - Effect of Education based on the Self-Efficacy Theory on improvement of Physical Activity and Sleep in Hemodialysis patients

### Authors and Affiliations

Mohebi S1, Ramezani T\*2, Sharifirad Gh3, Papi Sh4, Gharlipour Z5

1. Associate Professor, Department of Health Education and Health Promotion, Faculty of Health, Qom University of Medical Sciences, Qom, Iran

2. MSc in Health Education and Promotion, Department of Health Education and Health Promotion, Faculty of Health, Qom University of Medical Sciences, Qom, Iran

3. Professor, Medical school, Qom Branch, Islamic Azad University, Qom, Iran

4. PhD Student in Gerontology, Department of Health Education and Health Promotion, Faculty of Health, Tabriz University of Medical Sciences, Tabriz, Iran

5. Assistant Professor, Department of Health Education and Health Promotion, Faculty of Health, Qom University of Medical Sciences, Qom, Iran

### Corresponding Author and email

Tahereh Ramezani, t\_ramezani533@yahoo.com

### Body

**Background & objectives:** Hemodialysis patients with a regular physical activity and proper sleep are in the better status of physical and mental health. As increasing self-efficacy of patients can increase intended behaviors, therefore, this study was performed with the aim of to determine the effect of the self-efficacy theory on physical activity and sleep in hemodialysis patients.

**Methods:** This research was an interventional study that was performed in Qom city in 2016. Research population consisted of 70 hemodialysis patients (35 in per group). The data collection instrument consisted of a demographic questionnaire, self-efficacy (SUPPH) and researcher-made validable and reliable questionnaire of physical activity and sleep, that were collected in two stages before and 3 months after education. Educational program based on the self-efficacy theory was performed for the interventional group during two half-hour sessions. Data analysis was done by using SPSS version 16 software and independent T-test, paired T-test, Chi-square and Mann-Whitney tests at the significance level less than 0.05.

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**Results:** In the interventional group, there was a significant difference between the mean scores of self-efficacy, physical activity and sleep, before and after education ( $p < 0.001$ ). Also, mean scores of self-efficacy, physical activity and sleep after education, have significant difference between the interventional and control groups ( $p < 0.001$ ). But about the intra dialytic weight gain ( $p = 0.445$ ) and systolic blood pressure ( $p = 0.241$ ) after education, was not shown significant difference between the interventional and control group.

**Conclusion:** The results of this research showed that self-efficacy theory was effective in hemodialysis patients to perform the behaviors of physical activity and sleep. Therefore, it is recommended to use this theory alongside traditional training methods.

**Keywords:** Hemodialysis, Education, Self-Efficacy Theory, Physical Activity, Sleep

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