

Perceptions of Osteoporosis Knowledge, Health Belief and Self-Efficacy in premenopausal Women in the Kingdom of Bahrain

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Background

Osteoporosis is a systemic skeletal disorder that affects women's quality of life (QOL). The incidence of global osteoporosis was 200 million-plus > 8.9 million osteoporotic fractures annually. Osteoporosis is a preventable disease as 25 % account for environmental factors. Henceforth, increasing population knowledge of osteoporosis's seriousness should prioritize future health intervention programs to promote specific behavioral strategies for osteoporosis prevention. The study will determine and aim to increase premenopausal women's knowledge about the symptoms, risk factors, attitudes, beliefs, and osteoporosis complications.

Method

A cross-sectional study was conducted using convenience sampling, in which a questionnaire was administered to 400 premenopausal women aged 20 to 49 attending outpatient clinics at eight primary health care centres.

Result

The subjects recorded a mean age of 33.41 ± 8.33 years and were primarily married and unemployed. OKAT knowledge was poor (59.75%), with a mean score of 7.71 ± 2.91 indicating inadequate knowledge. Family income and working status had a significant effect on the level of knowledge. There was a reasonable belief regarding the benefit of exercise, calcium intake, and health motivation, but a low belief in osteoporosis is perceived severity and susceptibility. Regarding OSES, the mean was 78.73, which was lower than the target level (85.8). Knowledge and self-efficacy exercise, as well as knowledge and self-efficacy calcium intake, showed significant correlations. The Pearson correlation coefficient showed a statistically significant positive correlation between knowledge and susceptibility and between the subscale self-efficacy exercise and severity, exercise benefits, calcium intake benefits, and health motivation. Regardless, the results indicated a statistically significant negative correlation between self-efficacy exercise and exercise barriers.

Conclusion

Most of the study participants showed inadequately low levels of knowledge concerning osteoporosis, unsatisfactory poor health beliefs, and substandard levels of self-efficacy. These findings suggest that community-based interventions should be implemented to improve knowledge, health beliefs, and self-efficacy.

Biography

Sara Alaali earned her medical degree at Zhejiang University in China. Dr. Sara acquired her passion for orthopedics and a specific interest in spinal surgery as a result of her extensive exposure to diverse surroundings during her internship at King Fahad University hospital in Saudi Arabia and Salmaniya Medical Complex in Bahrain. She is currently employed as a medical practitioner at Al Jenan Medical Center. She wishes to continue to utilize her medical knowledge in order to help improve patient outcomes and inspire the next generation of physicians. Meanwhile in her spare time, Dr. Sara likes traveling, riding, kayaking, painting, cooking, and spending time outdoors.

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