The effectiveness of the health education program for people using betel nut on their cognitive of betel nut, the confidence to quit betel nut and dependent behavior

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ABSTRACT

Background: Betel nut is ranked fourth in global utilization addictive substances. Chewing betel nut with oral cancer is 58.4 times than not chewing people, World Health Organization (WHO) statistics that oral cancer is the sixth cancer of the prevalence in the world, and it is the fifth largest of Taiwan’s top ten cancer mortality in 2014.

Objective: This study expects to understand the health education program whether with effectiveness for people chewing with betel nut, especially their cognitive of betel nut, the confidence to quit betel nut and dependent behavior. Hopefully, to build up reference for those people to quit betel nut and provided information for government making policies for health promotion.

Study Design: This study divides into two groups, data collection of the cognitive of betel nut, the confidence to quit betel nut and dependent behavior. One group is given health education, learning information and twice telephone following, the other group is given learning information only, both of the groups would be evaluated the effectiveness to quit betel nut after two months.

Results: The study assumed while people with high level on the cognitive of betel nut that would related to low level of the dependent behavior, high confidence and the effectiveness to quit betel nut. Therefore, health education could improve the effectiveness for people to quit betel nut. This research is still processing as well.

Conclusion: There is relevance on the cognitive of betel nut, the confidence to quit betel nut, dependent behavior, and the effectiveness to quit betel nut, especially, it could be improve effectiveness to quit betel nut for people by the health education.

Keywords: health education
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