

2898 *Indian Journal of Public Health Research & Development, October 2019, Vol.10, No. 10*

Osteoporosis Knowledge and Osteoprotective Behavior among Female Patients Attending Dxa Clinic: A Cross-Sectional Study

Abstract

Osteoporosis is a serious public health concern. Both males and females are prone to osteoporosis; but it is more common in females, especially after menopause. The most frequent type of osteoporosis is primary osteoporosis. The objectives of current study were to validate an osteoporosis knowledge instrument and to determine female patient's knowledge about osteoporosis and its prevention.

A cross-sectional study design with convenience sampling method. It was conducted among (202) female patients attending DXA clinic in Mosul city, Iraq from February to November 2018. The assessment was performed using a structured questionnaire including Osteoporosis Knowledge Assessment Tool (OKAT), concern about osteoporosis and osteoporosis health belief scale (OHBS). Bone mineral density (BMD) measurements were carried out by Dual-Energy X-ray Absorptiometry (DXA). Univariate and Logistic regression were used in data analysis.

The reliability value was 0.881 for the nineteen items in OKAT. The mean(SD) age of the participants was 56.18(11.4) years. Around half of the females (49.0%, n =99) had an intermediate score (9 to 13) of knowledge, while 43.6% (n =88) had a low score (<8). Significant correlation between age and osteoporosis knowledge was found. Only 41.6% had a normal BMD, whereas osteopenia and osteoporosis were found in 47.0% and 11.4% of participants, respectively.

The translated OKAT was reliable and valid instruments for assessment of knowledge and health beliefs toward osteoporosis in female patients. The tools were suitable to recognize patients requiring bone health-promoting intervention concerning changes of lifestyle behavior in a clinical setting.