

## Effects of group counseling program with women on Knowledge, Attitude, and Practice (KAP) of their husbands regarding family Planning in Zahedan health centers in 2002

Najafi F., (M.S.)<sup>1</sup>, Ghofrani Poor F., (Ph.D.)<sup>2</sup>, Rakhshani F., (Ph.D.)<sup>3</sup>, Kazemnejad A., (Ph.D.)<sup>4</sup>.

1-Instructor, Department of Society Health, Faculty of Nursing, Zahedan University of Medical Science, Zahedan, Iran.

2-Assistant Professor, Department of Society health, Faculty of Medicin, Tarbiat Modares University.

3-Assistant Professor, Department of Public health, Faculty of health, Zahedan University of Medical Science.

4-Associated, Professor, Department of Static, Faculty of Medicin, Tarbiat Modares University.

### Abstract

Male involvement is one of the main factors in good performance of family planning programs, and interspouse communication appears to be a precondition for its success. A quasi-experimental study (before and after counseling) was conducted in Zahedan in 2002, to investigate the effect of group-counseling with women on KAP of their husbands concerning family planning. Forty four women with two or more children who had not used contraception were selected by non-probability sampling from 3 health centers. After completing a questionnaire asked from women and their husbands and determining their educational needs, women in 5 groups, 8 members, each participated 3 Counseling sessions. The program was evaluated one month after intervention (by a questionnaire and a checklist). T-Paired Test showed that mean scores of knowledge and attitude of women and their husbands before and after intervention were significantly different ( $P < 0.0001$ ). After intervention, 43% of cases selected one of the contraceptive methods ( $P < 0.00001$ ). Findings showed that we can improve the KAP of husbands regarding family planning by appropriate counseling of women.

**Keywords:** Group counseling, Knowledge-Attitude-Practice, and Family planning.

**Corresponding address:** Najafi F., Dep. of Social Nursing Faculty of Nursing, Zahedan University of Medical Science, Azadi St., Zahedan, Iran.

**Email:** n\_Fereshteh2001@yahoo.com