

**THE EFFECTS OF GROUP PROCESS HEALTH EDUCATION ON
KNOWLEDGE, SKILLS, ANXIETY AND DEPRESSION IN
ADOPTING HEALTHY LIFE-STYLES AMONG PREGNANT
WOMEN WITH HIV/AIDS
AT NOPPARAT RAJATHANI HOSPITAL, BANGKOK**



วิทยาลัยวิทยาศาสตร์สาธารณสุข
จุฬาลงกรณ์มหาวิทยาลัย

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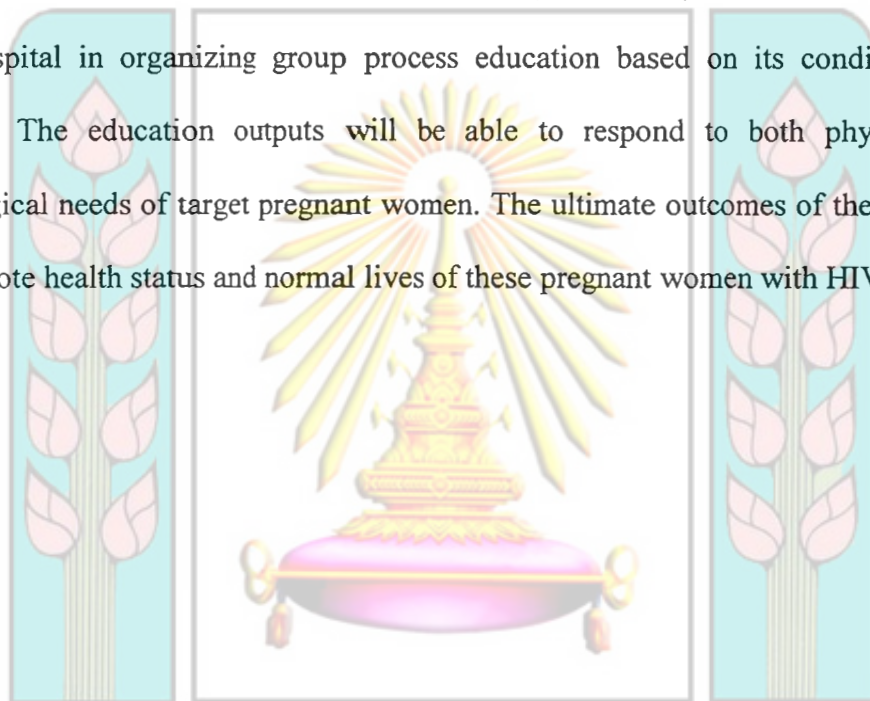
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ABSTRACT

"Life-styles" is one of an influence factor affects health status and disease progression of people living with HIV. Among pregnant women with HIV, life-styles or health behaviors also influenced their pregnancy outcomes. This study aims to develop an alternative approach to maintain health status of pregnant women with HIV through using health education. The proposed intervention is a group process health education. Target group will be eighty of pregnant women with HIV attending Antenatal Clinic (ANC) of Nopparat Rajathani Hospital, Bangkok. The research problem is that information learned from the current casual education is insufficient for behavioral change and healthy life-styles adopting.

Within the twelve months of the study, hospital staff will conduct the thirty group process sessions at ANC clinic of target hospital. Each target pregnant women will attain at least 4-6 group process education sessions, depending on their gestation period. There are two major specific objectives in this study, to develop a model in organizing group process education at ANC clinic and to focus on education outputs of the target group. In addition to health education activities, the study will also provide additional funds to create some other group activities to encourage group relationship and mutual support. These activities would also reduce anxiety and emotional distress of the target pregnant women. It is expected that interpersonal learning and mutual support from these activities will increase knowledge, skills and reduce some emotional problems i.e. anxiety and depression in adopting healthy life-styles.

The need assessment was conducted during data exercise. The information learned including target group assessment and hospital assessment. This information will be used for program planning and implementation. The study will be ongoing by the funding support of Baht 50,000 from the Rajadapisek Sompote Fund through the College of Public Health, Chulalongkorn University. The study results will benefit target hospital in organizing group process education based on its conditions and readiness. The education outputs will be able to respond to both physical and psychological needs of target pregnant women. The ultimate outcomes of the activities will promote health status and normal lives of these pregnant women with HIV.



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