

# Group pretest intervention posttest health essay

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**ASSIGN  
BUSTER**

This chapter describes the methodology followed to assess the effectiveness of obesity education program on knowledge and attitude regarding obesity among adults.

### **3. 1 RESEARCH APPROACH**

The research approach used was quantitative research approach.

#### **GROUP**

#### **PRETEST**

#### **INTERVENTION**

#### **POSTTEST**

Employees who are overweight and obese working in IT with BMI > 25.

Assessment of existing knowledge and attitude regarding obesity. Refers to the package given to the employees regarding obesity through LCD and issuing pamphlets to improve the knowledge of IT employees on meaning, risk factors, causes, diagnostic evaluation and complications, management of diet and exercise which is done through video show and live demonstration to enhance favourable attitude regarding Lifestyle

Modification on obesity. Assessment of posttest knowledge and attitude on obesity.

### **3. 3 RESEARCH DESIGN**

The research design used was pre-experimental one group pre-test and post-test design.

### **3. 4 VARIABLES**

#### **Independent Variables**

Worksite Based Obesity education program .

#### **Dependent Variables**

Knowledge and attitude regarding obesity among employees .

#### **Extraneous Variables**

Age, gender, educational status, occupational status, income, personal habits - alcoholic, smoking, sedentary lifestyle, availability of mass media, place of living, dietary pattern, family history.

### **3. 5 SETTING OF THE STUDY**

The study was conducted at selected IT work setting employing 450 people situated in ECR road named Prodapt Solutions, Chennai.

### **3. 6 POPULATION**

The target population included all who were working in the IT field and accessible population are those people working in the particular organization. A total of 450 employees worked there.

### **3. 7 SAMPLE**

A total of 60 employees who fulfils the sample selection criteria were selected as sample.

### **3. 8 SAMPLE SELECTION CRITERIA**

#### **Inclusive Criteria**

Employees who were willing to participate in the study. Employees who had BMI > 25. Employees who were able to understand English.

#### **Exclusive Criteria**

Employees who were under treatment for obesity. Employees who had severe physical or psychiatric illness.

### **3. 9 SAMPLE SIZE**

The sample size for the study comprised of 60 employees.

### **3. 10 SAMPLE TECHNIQUE**

Non-probability convenient sampling technique was used for this study.

### **3. 11 DEVELOPMENT AND DESCRIPTION OF THE TOOL**

After an extensive review of literature and discussion with experts, a structured questionnaire was constructed as a tool for the study.

#### **PART – I:**

Demographic variables of obese people like age, gender, education, occupation, family history, marital status, personal habits, knowledge, attitude for obesity.

## **PART – II:**

### **A. Knowledge:**

Structured questionnaire to assess the level of knowledge among obese employees. The questionnaire was segregated as follows.

#### **S. NO.**

#### **QUESTIONS**

#### **NUMBER OF ITEMS**

1. Meaning of obesity. 62. Causes and risk factors for obesity63. Diagnostic evaluation for obesity64. Management and diet for obesity35. Complications for obesity2

#### **TOTAL**

**25**

### **Scoring Key**

The structured interview consisted of totally 25 multiple choice questions having one correct answer, hence each correct answer was given one mark, and wrong answer was given '0'ark, thus totaling maximum of 30 marks. The raw score was converted into percentage to interpret the level of knowledge. The level of knowledge was then categorized as<50% - Inadequate level of knowledge50-75% -Moderately adequate level of knowledge> 75% - Adequate level of knowledge.

### **B. Attitude:**

Four point Likert scale was used to assess the attitude on obesity among obese employees.

## **Scoring Key**

Modified 4 points likert scale consisted of 10 statements to assess the attitude of obesity among obese employees. Out of 10 statements, 5 statements were positively worded and 5 were negatively worded.

**The scoring for positive and negative symptoms were given below.**

**S. NO.**

**QUESTIONS**

**STRONGLY AGREE**

**AGREE**

**DISAGREE**

**STRONGLY DISAGREE**

1. Positive43212. Negative1234The scale had a maximum of 40 score and minimum of 10 score. The raw score was converted to percentage to interpret the level of attitude.

### **Level of Attitude:**

<50% -Unfavourable Attitude50-75-Moderately Favourable Attitude> 75 - Favourable Attitude

### **3. 12 CONTENT VALIDITY**

The validation of the data collection tool and structured training schedule was obtained from 1 community medicine expert and 3 nursing experts in the field of community health nursing. Modifications were done in the tool. Some of the modifications were to reframing questions, concising the

questionnaire due to setting and to exclude medical jargon. The modifications were done in the tool before its utilization for the main study.

### **3. 13 ETHICAL CONSIDERATION**

#### **Beneficence**

This study benefited to the study participants by enhancing knowledge and attitude on obesity. Study participants were protected from harm and discomfort, exploitation by getting informed written consent.

#### **Respect from human dignity**

Clients were given full freedom to decide on participating in the study. Those who were interested only selected for the study.

#### **Justice**

The men and women who were willing to participate in the study without the discrimination of educational and occupational status were selected for the study. They were all given the training on knowledge and attitude regarding obesity.

### **3. 14 PILOT STUDY**

Pilot study is a trial run for main study to test the reliability and feasibility of the study and the tool. The pilot study was conducted in the month of May at IT company named Exemplarr, ECR road Chennai. A total of 250 employees worked there. It was conducted after receiving the formal permission from the Principal of Omayal Achi College of Nursing. The permission to conduct the study was obtained from the Manager of Human Resource Department. On the first day the investigator entered into the site and introduced herself

to the Manager and explained about the purpose of study. He referred the investigator to the employees. The investigator met the employees and briefly explained the purpose of her visit and selected 10 employees by using non probability convenient sampling. Privacy was provided and confidentiality regarding the data was assured to the employees so as to get the co operation in the procedure. After getting the written consent, BMI was checked and people who had BMI > 25 were selected as samples. The room was well ventilated with natural and artificial ventilation. The investigator gave the small introduction about the pre test and the investigator had done the pretest. The duration of the pretest was 20 minutes. In the test initially the personal characteristics were collected by using personal data sheet and followed by knowledge and attitude was collected by using structured interview schedule and 4 point Likert attitude scale. After the pretest on the same day the investigator started the training schedule with the use of structured training module, pamphlets and posters which was held for 30 minutes. Then after 7 days post test was conducted to the same employees by the investigator for the period of 20 minutes. After confirmation the employees have gained adequate knowledge and favorable attitude on obesity.

### **3. 15 RELIABILITY**

The study was conducted in Exemplarr IT Company, Chennai, after formal permission from the Management. Informed consent was obtained from the participants. Demographic details were elicited through structured profile. Pre-test was done to assess the level of knowledge and attitude. Then after 7



days post test was conducted for all the 6 clients who were overweight and obese. Tool reliability was checked by test retest method  $r$  value = 0.75.

### **3. 16 PROCEDURE FOR DATA COLLECTION**

Prior permission was obtained from the higher authorities of the College, HOD of Department of Community Health Nursing and also from the IT Company where the study will be conducted. An informed and written consent was obtained from each person prior to data collection. After giving brief introduction and explanation on how to answer the questions to the participants, the data was collected. Confidentiality was strictly maintained during the stipulated period of 4 weeks. Pilot study is a trial run for main study to test the reliability and feasibility of the study and the tool. The pilot study was conducted in the month of May at IT company named Exemplarr, ECR road Chennai. A total of 250 employees worked there. It was conducted after receiving the formal permission from the Principal of Omayal Achi College of Nursing. The permission to conduct the study was obtained from the Manager of Human Resource Department. On the first day the investigator entered into the site and introduced herself to the Manager and explained about the purpose of study. He referred the investigator to the employees. For the first three days screening was carried out among the employees and those who had BMI > 25 and willing to participate in the study were selected as samples for the study. The next day the investigator grouped all the samples together for the pre-test. The personal data sheet to collect in Demographic Variables, Structured Knowledge and Attitude Scale were given to the samples. Instruction regarding how to fill the questionnaire was given and classifications were taken up. It took 15 minutes for sample to

fill the structured knowledge questionnaire and 15 minutes for the attitude scale. After which the sample were grouped in 10's to provide the Worksite Based Obesity Education Program. It took 30 minutes for the intervention to be completed. After 7 days post test was done in the same procedure as the pre-test.

### **3. 17 PLAN FOR DATA ANALYSIS**

The data was analyzed by descriptive and inferential statistics.

#### **Descriptive Statistics**

Frequency and percentage distribution to analyze the demographic variables. Mean and standard deviation was used to analyze the pre and posttest level of knowledge, attitude and lifestyle modifications.

#### **Inferential Statistics**

Unpaired ' t' test was used to compare the pre & post test level of knowledge and attitude regarding obesity education program among overweight and obese clients. Karl Pearson correlation co-efficient was used to correlate the relationship between knowledge and attitude regarding obesity education program among overweight and obese clients ANOVA was used to associate the post test level of knowledge and attitude with selected demographic variables regarding obesity education program among overweight and obese clients.