

Exploring factors influencing osteoporosis prevention and control: A qualitative study of Iranian men and women in Australia

Author/s: Baheiraei, A. Ritchie, J. E. Eisman, J. A. Nguyen, T. V. | **Year:** 2006 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Physical Health

Reference: Baheiraei, A., J. E. Ritchie, J. A. Eisman and T. V. Nguyen (2006). "Exploring factors influencing osteoporosis prevention and control: A qualitative study of Iranian men and women in Australia." *Maturitas* 54(2): 127-134.

Key Words:

Iranian, osteoporosis, health literacy

Research aim:

To explore the understanding of osteoporosis risk factors and barriers that influence osteoporosis prevention and control in order to better inform the development of culturally appropriate osteoporosis preventive strategies.

Results/Conclusion:

The participants had insufficient understanding of osteoporosis risk factors and its implications for their health as they age. There were minor misconceptions about the causes of the disease and how it could be prevented and controlled. Many participants confused osteoporosis and osteoarthritis. Where they did indicate some knowledge of preventive actions, they perceived many obstacles to their undertaking preventive behaviours.

Implications:

These data suggest that factors adversely influencing osteoporosis prevention and control have their root in misconceptions about osteoporosis and its risk factors, and psychosocial and structural barriers to taking preventive actions. These findings provide insights into barriers that need to be overcome if preventive strategies and intervention programs can be developed to reduce the overall burden of osteoporosis in the community.

Cultural Group(s):

Iranian

Location of study:

New South Wales

Age group:

35-70

Number included in study:

5 focus groups (27 people total), 10 individual interviews and 3 opportunistic group discussions

Type of participants:

Iranian-Australians

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Thematic analysis

Implications/ Recommendations:

Notes: