

Multilevel Causal Analysis of Socio-Psychological and Behavior factors of Health Providers and Clients affecting Risk Behavioral Modification with Obesity

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Abstract

The objectives of this mixed-methods research were to 1) determine the socio-psychological factors of health clients and providers level affecting risk behavioral modification with obesity, 2) investigate the cross level interaction of factors between in client and provider groups affecting risk behavioral modification and 3) search for the way of successful health behavioral modification. The samples were 87 health providers, 412 clients of hospitals in Bangkok by proportion stratified random sampling and 8 purposive role model persons for focus group. Data were collected by 5 rating scales questionnaire with its reliability coefficients of each measure ranged 0.8 -0.9 . Hierarchical Linear Model (HLM) was used to analyze the quantitative data and content analyze for qualitative data. Research results revealed that 1) In clients level founded that 1.1) attitude toward health behavior, health knowledge, and trustworthiness to provider had effect size = .487, .074 and .181 respectively and total factors could predict variance of self-efficacy at 49.40% 1.2) attitude toward health behavior , and support from providers had effect size = .656 and .138 and total factors could predict variance of self-regulation at 75.50% , and 1.3) attitude toward health behavior, trustworthiness to provider and support from providers had effect size = .401, .160 and .123 respectively, and total factors could predict variance of self-care at 26.6% , 2) In providers level founded that 2.1) health quotient, project management, support from colleagues, and team health quotient had effect size = .713, .660, .603 and .567 respectively and total factors could predict variance of self-efficacy at 71.30% 2.2) project management, and health quotient had effect size = .659 and .531 and total factors could predict variance of self-regulation at 51.60, and 2.3) project management, team health quotient and health quotient had effect size = .709, .576 and .499 respectively and total factors could predict variance of self-care at 77.30, 3) no cross level interaction of factors between in client and provider groups affecting risk behavioral modification. In addition, successful way of health behavioral modification were enhancing motivation for risk clients before program. The heads of program provided social support from families, team colleagues and health providers for supporting self-regulation of participants

Keyword: health behavioral modification, multilevel analysis, self-efficacy, self-regulation, self-care