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**EVALUATING THE EFFECT OF GIVEN HEALTHY LIFESTYLE BEHAVIORS  
EDUCATION TO THE PARENTS OF CHILDREN WITH CEREBRAL PALSY**

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**Goal:**

Cerebral palsy, a life-long period of recurrent crisis, common motor dysfunctions and cognitive, sensory and perceptual disorders, affects the child and the child's family in many ways. It is known that parents experience mental, physical and social health problems under these conditions. The study was designed to evaluate the education of healthy lifestyle behaviors given to the parents of children with a diagnosis of cerebral palsy.

**Methods:**

The research was carried out in a quasi-experimental pre-test and post-test design. The study included 119 child parents between the ages of 3-18 who were studying at the Special Education and Rehabilitation Centers in Mersin between 02.01.2019-13.08.2019. Dependent groups t-test, independent sample t-test, one-way analysis of variance, Pearson correlation analysis were used in the analyzes.

**Findings:**

94.1% of the parents were female, 89.9% were married and 89.1% were not working, and 72.2% had secondary school or below education. Their average age is 38.46. HLBS II mean score of the parents is  $129.29 \pm 17.62$ . There is no difference between the HLBS II mean scores before and after the education according to the characteristics of the parents such as education levels, monthly incomes, number of children and chronic illness ( $p < 0.05$ ). As the parents' age increased, the total scale scores they received increased ( $p < 0.05$ ), and as the degree of disability of the children increased, the mean scale scores decreased ( $p < 0.05$ ). After the education given to parents, HLBS mean scores and their scores from sub-dimensions increased ( $p < 0.05$ ).

**Results:**

According to study results; It can be said that educational practices on the protection and improvement of the health of parents of children who need rehabilitation and special education have an impact on health behaviors. It may be suggested to evaluate the child and parents as a whole, to develop the health services provided to the family in a multidisciplinary manner, to carry out advanced researches and projects.

**Keywords :** Cerebral palsy, healthy lifestyle behavior, parents