

KINGDOM OF THAILAND

The Effects of Transtheoretical Model Application on Low Back Pain Prevention among Workers in Sanitary Production Factories

General Objective

To evaluate the effectiveness of the behavior change program applying the Trans theoretical Model integrated the low back pain prevention program on group dynamic process of LBP prevention behaviors and LBP in male workers in sanitary production factories.

Specific Objectives

1. To evaluate the effectiveness of the behavior change program applying the Trans theoretical Model integrated the low back pain prevention program on group dynamic process as follows
 - knowledge of back and prevention of low back pain among workers
 - posture of body movements and working posture
 - muscle strength of the worker's back
 - level of low back pain of workers
2. To evaluate the effectiveness of a behavior change program applying the Trans theoretical Model integrated the low back pain prevention program on group dynamic process to develop the changing behavior

Abstract

Low back pain is one of the major health problems which workers who often experience low back pain at work. Working repetitively in limited workspace and heavy lifting may result in low back pain.

The purpose of this quasi-experimental study was to examine the effectiveness of an intervention to prevent low back pain among male workers work in a sanitary ware factory. The Trans theoretical Model was used an assessment as a basis for designing the intervention for each group .The subjects in the intervention group (n=35) were categorized and received appropriate intervention corresponding to

particular stage of their back problems. A twelve weeks intervention program consisted of group process discussions on low back pain, building rapport, information, education, exchange of opinions and experiences on low back pain, learning by doing, empowerment, providing feedback, skill training, role modeling, watching VCD's about back care, and work place redesign. The comparison group (n=35) received ordinary suggestions from the factory nurse. The effects of the intervention were assessed 12 weeks after the intervention using self-administered questionnaire.

The results indicated that subjects in the experimental group had more knowledge of backs and prevention of low pain ($t=8.9, p<0.001$), posture of body movements and working posture ($t=8.9, p<0.001$) and a lower level back pain also. However, there were no significant statistical differences in muscle strength of the back at before and after working.

It was suggested that an appropriate low back pain prevention program corresponding with the particular stage of behavior change could lead to positive change in low back pain prevention. However, other corporate strategies such as work place redesign are still needed to effectively reduce low back pain symptoms.

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