

Meta-analysis of Health Promotion Research in Thailand

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Key words: *(none)*

Asian Journal of Nursing Studies 2004; 7(2): 18-32.

The meta-analysis described here attempted to synthesize research studies using either the 1987 or the 1996 version of Pender's Health Promotion Model (HPM). All available studies in Thailand (N=47) based on the HPM were recruited, coded, and analyzed. The researchers carefully rated the quality of each study. Effect sizes of the relationships between health promoting behavior and numerous variables were calculated. For studies using HPM'87, health-promoting behavior is related to interpersonal influences, perceived benefits, perceived barriers, perceived importance of health, perceived health status, and perceived self-efficacy. For studies using HPM'96, health-promoting behavior is related to prior-related factors, perceived benefits, perceived barriers and interpersonal and situational influences. This meta-analysis provides strong evidence for guiding future research, which should focus on developing health promotion programmes based on the above-mentioned variables.