

عنوان مقاله:

Knowledge level of school students and its related factors about the methods of protecting their body against sunlight exposure

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خلاصه مقاله:

Long term exposure to the sun causes variant damages and malignant melanoma of the skin but severe intermittent contact with sunlight is more important in causing melanoma. Regarding this issue that exposure to sunlight is in a high degree among the people of province of Mazandaran especially in adolescents, and there are not sufficient educational and news-feeding tools for them, we decided to investigate the knowledge level of school pupils and its related factors about the methods of protecting their body against sunlight exposure in middle and high schools in the city of Sari in year 2012. **Materials and Methods:** This study was a cross-sectional study among middle and high school students of Sari city in 1391 and knowledge of students about the methods of protection against solar radiation was measured. The sample size was 2,000. A two-part questionnaire was used for data acquisition. The first part consisted of demographic information and the second part was about the knowledge of students about sun-block and other methods for protection against the sun radiation. **Results:** The study population consisted of 1273 patients (63.65%) were male and 727 patients (36.35%) were female. The mean age of the study was 15.0725 with a minimum age of 12 years and maximum age of 17 years. 256 of female samples (35.21%) wore sunglasses, while 122 of boys (9.58%) were using sunglasses. Among girls, 278 cases (38.32%), and use among boys, 122 cases (14.61%) were using a sunblock. Among the male students, 42 (29.3%) had low knowledge, 742 cases (58.28%) have moderate levels of knowledge, 471 cases (36.99%) had good knowledge and 18 (1.41%) had a higher level of consciousness and knowledge. Among female students, 16 (20.2%) had low knowledge, 236 cases (32.46%) had medium level of knowledge, 411 cases (56.53%) had good knowledge and 64 (8.80%) had a higher level of consciousness and knowledge. **Conclusion:** Based on the results obtained in our study and other researchers, techniques of prevention of the damaging effects of the sunlight, are helpful ways to prevent skin damages. But since that most people are not aware of the harmful effects of the sun radiations, the use of prevention methods and tools are not appropriate. Hence, the use of appropriate advertising and other communication tools to convey information to

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