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### **ABSTRACT**

Osteoporosis is an important health problem. It affects both men and women. However, it is traditionally considered as a women's problem. The number of studies of osteoporosis in men was small when compared with the number of studies in women. The researcher could not find any local study on the knowledge and health beliefs in osteoporosis of elderly men. Therefore this study was conducted. Whether the Hong Kong Chinese elderly men will participate in osteoporosis prevention behaviors depends on their knowledge and health beliefs in osteoporosis. The aim of this study was to assess the knowledge and health beliefs in osteoporosis of Chinese elderly men in Hong Kong and to investigate the relationship between their knowledge and health beliefs. This was a theory-based, quantitative, descriptive, cross-sectional study using a non-experimental method. The Health Belief Model (Rosenstock, 1974) was the theoretical basis for this study. Fifty-two elderly men aged 60 or above, were recruited from an elderly community center by the convenience sampling method. A demographic sheet developed by Fok (2002), the Osteoporosis Knowledge Test developed by Kim, Horan and Gendler (1991), and the Osteoporosis Health Belief Scale developed by Kim, Horan and Gendler (1991) were used to collect demographic data and data on osteoporosis knowledge and health beliefs. It was found that the elderly men were poor in osteoporosis knowledge. However, their health beliefs in osteoporosis were satisfactory. There was a positive correlation between knowledge in osteoporosis and some of health belief variables: susceptibility, seriousness, benefits of exercise and calcium intake, and health motivation. Therefore there is a need to develop a health education program for the elderly Chinese men in Hong Kong in order to provide them with adequate knowledge in osteoporosis so that they can participate in osteoporosis prevention behaviors. As a result, hopefully their risk of having osteoporosis can be decreased.