**A SCHOOL-BASED EDUCATIONAL INTERVENTION ON CARDIOVASCULAR DISEASE RISK FACTOR KNOWLEDGE AMONG IRANIAN HIGH SCHOOL STUDENTS**

**F. Khoshkhou**1, A. Arbabisarjou2

1Islamic Azad University of Zahedan Branch, 2Zahedan University of Medical Sciences, Zahedan, Iran

Increasing cardiovascular disease (CVD) risk factors in developing country especially in Iran is due to insufficient knowledge related to CVD risk factors in Iran. Inadequate knowledge, especially in the early years of life may place them at risk of CVD in the future.

The purpose of this intervention study was to evaluate the effectiveness of a school-based educational intervention aimed at increasing knowledge of CVD risk factors among high school students. CVD knowledge was based on modified Heart Disease Fact Questionnaire (HDFQ) and includes 25 questions about the risk factors of the cardiovascular disease.

A total of 1,389 eligible students (607 interventions and 782 controls) completed the three-month study with a response rate of 93.85%. The results showed that the intervention group recorded a significant positive change in the mean of CVD knowledge from 12.47 to 16.64 (t=-22.34, p=0.001), but this was not observed in the control group (p=0.402). In addition, there was an increase of 36.6% in the proportion of having good CVD knowledge in the intervention group compared to the control group. Moreover, the effect size of the CVD educational intervention on the CVD knowledge was significantly high in the intervention group (0.67). The results of mixed model ANOVA showed that changes in the mean of CVD knowledge from pre and post-test was significantly influenced by gender, family income and mother education.

This school-based educational intervention was effective in improving cardiovascular risk factor knowledge of students.