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### Research Article

# Effectiveness of Video Assisted Teaching Programme on Knowledge, Attitude Regarding Hypothyroidism among women attending Outpatient Department at Selected Hospitals, Salem

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#### Abstract:

**Introduction:** Hypothyroidism is one of the most prevalent complaints of endocrine problems among the female population globally. Limited knowledge about the disease, how to deal with it and complications can impact treatment outcomes and the quality of life. **Methods:** A quantitative research methodology employing a pre-experimental design with a single group was utilized. The study was carried out in 60 hypothyroid women who were attending the endocrinology out patient department of Sri Gokulam Hospital, Salem. Non-probability purposive sampling was used to select the participants. A structured questionnaire was used for data collection. Intervention was given after the pre-test. The assessment was done 21st day after the post test. Descriptive and inferential statistics were employed to analyze the data. **Results:** The mean knowledge score in the pre-test was  $14.40 \pm 4.98$  and  $29.36 \pm 2.74$  in the post-test. The mean attitude score improved from  $33.48 \pm 2.95$  to  $41.98 \pm 4.35$ . The t values of the knowledge paired (25.41) and attitude paired (19.08) obtained were statistically significant at  $p \leq 0.05$ . Strong and positive post test correlation coefficient was obtained between knowledge and attitude ( $r = 0.90$ ). **Conclusion:** The Video Assisted Teaching Programme significantly enhanced knowledge and fostered a positive attitude among women attending the endocrinology outpatient department regarding hypothyroidism. Educational interventions can be effectively used to increase awareness and promote good disease management.

**Keywords:** Hypothyroidism, Knowledge, Attitude.

#### INTRODUCTION

The thyroid gland is an endocrine gland that is butterfly-shaped and is found in the front of the neck. These hormones are essential for controlling metabolism, growth, development, energy production and nervous system functions. Calcitonin regulates calcium levels by decreasing the blood calcium.

Thyroid disorders are the second most prevalent endocrine disorders after diabetes, affecting people throughout the world. Hypothyroidism is the condition that happens when the thyroid doesn't make enough thyroid hormone to keep the body functioning properly. It can be either primary, secondary, congenital, acquired, overt or subclinical. The condition's symptoms encompass weariness, weight gain, cold intolerance, xerosis, alopecia, menstrual abnormalities, and depression. Hypothyroidism is primarily attributed to autoimmune thyroiditis (Hashimoto's disease), though it may also result from iodine shortage, radiation exposure, genetic alterations, and aging. Hypothyroidism affects different populations at different rates, depending on the age, sex, dietary iodine intake, genetics, and environment. Research suggests that around 42 million people in India have thyroid-related problems, and almost 10% of all adult women have hypothyroidism.

Hypothyroidism continues to be a significant public health problem, as symptoms typically do not appear suddenly and are poorly recognized which causes late diagnosis and treatment. Even though there are effective management strategies, many patients lack a good understanding of the disease, the complications, treatment and preventive measures. Patient education has been highlighted as key for enhancing treatment adherence and long-term outcomes.

The investigator also noticed, during clinical postings, that many of the patients who attended the out-patient departments did not have adequate awareness about hypothyroidism and had concerns about the management of this condition.

Hence, a video assisted teaching programme was deemed to be essential to increase patients knowledge and improve a positive attitude towards prevention and management of hypothyroidism.

#### AIM OF THE STUDY

The study aimed to assess the efficacy of a Video-Assisted Teaching Program on knowledge and attitudes regarding hypothyroidism in women.

## METHODOLOGY

A quantitative research methodology employing a pre-experimental design with a single group was utilized. All women with a diagnosis of hypothyroidism who visited the endocrinology OPD were included in the study. A non-probability purposive sample strategy was employed, involving 60 participants. In the study, women aged 19-60 years with hypothyroidism who could understand Tamil or English language and stay in Salem were included.

A 33-item knowledge questionnaire and attitude questionnaire with 10 items and five-point Likert scale along with a structured demographic questionnaire were used for the collection of data. Expert validation was done in determining the validity of the content, while reliability testing showed reliability coefficient of 0.7 for knowledge and 0.8 for attitude tool which is acceptable.

A feasibility pilot study was carried out with six women. Ethical approval and informed consent was obtained after which pre-test data was gathered. Later a 15-20 minutes Video Assisted Teaching Programme on Hypothyroidism was delivered. On the 21st day post test was done with the same instruments. Descriptive and inferential statistics were employed to analyze the data.

## RESULT

Among the 60 women, the majority were aged 19–30 years (50%), Hindu (46.67%), had secondary education (36.67%), were unemployed (35%), and had a monthly family income of ₹10,001–20,000 (35%). Over half of the respondents were married (56.67%) and half lived in urban and rural areas respectively (45% each). Television was the major source of information (50%). Concerning health factors, majority of the women were suffering with polycystic ovarian disease (35), less than 6 months of hypothyroidism diagnosis (36.67) and were using public tap water (61.67). Based on these findings, the majority of the participants were young women, married and having secondary education along with moderate family income.

The paired t value for the mean knowledge score of pre-test and post-test of 25.41 confirmed a significant difference at the  $p \leq 0.05$  level, and showed that the mean knowledge score for the post-test was  $29.36 \pm 2.74$ , which was higher than the mean knowledge score for the pre-test of  $14.40 \pm 4.98$ . In the same way, the mean attitude score was elevated from  $33.48 \pm 2.95$  to  $41.98 \pm 4.35$  ( $p$  value of paired  $t = 19.08$ ) and this was also statistically significant. The results indicate, that the Video-Assisted Teaching Programme had positive effect on enhancing the knowledge and attitude towards hypothyroidism among women attending the endocrinology OPD.

The pre test Pearson's correlation coefficient for Knowledge and Attitude is  $r = 0.02$  which is negligible positive relationship. The post-test correlation coefficient, on the other hand, revealed strong positive correlation between knowledge and attitude at the end of the intervention with  $r = 0.90$ . This indicates that high knowledge was correlated with positive attitude on hypothyroidism among the respondents.

## DISCUSSION

The results indicated that the majority of the participants were young adults (aged 19-30 years), married and had secondary level education. Television was seen as the main source of health information which reveals the crucial role of mass media in disseminating health related knowledge. Results of the pre-test revealed that the participants had poor knowledge and moderate positive attitude.

Improvements in Knowledge and Attitude scores was noted after the introduction of the Video-Assisted Teaching Programme. The mean knowledge score increased from  $14.40 \pm 4.98$  to  $29.36 \pm 2.74$ , and the mean attitude score increased from  $33.48 \pm 2.95$  to  $41.98 \pm 4.35$ . The paired t values which were obtained for Knowledge (25.41) and Attitude (19.08) were statistically significant at  $p \leq 0.05$  which showed that the intervention was very effective.

The correlation analysis also showed a high correlation between knowledge and attitude in post-test ( $r = 0.90$ ) which indicated that knowledge had a positive effect in the development of attitude towards prevention and management of hypothyroidism. The result of this study helps to emphasize the need for educational interventions with structure to increase awareness of hypothyroidism and good health behaviours among women.

## RESULT

The study concluded that the women with hypothyroidism under endocrinology services in the outpatient department had low knowledge and less positive attitude towards hypothyroidism prior to intervention. The mean knowledge score and the attitude score among the Participants was significantly higher after the programme. The fact that there is a statistically significant difference between the pre-test and post-test values, confirms the educational intervention's effectiveness. Hence, Video-Assisted Teaching can be a way to improve awareness and positive attitudes towards hypothyroidism in women, as it is feasible and effective.

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**Table 1: Distribution of Women According to Demographic and Health-Related Variables.**

S.No	Variables	Category	Frequency (F)	Percentage (%)
1	Age (years)	19–30	30	50.00
		31–40	15	25.00
		41–50	11	18.33
		Above 50	4	6.67
2	Religion	Hindu	28	46.67
		Christian	19	31.67
		Muslim	10	16.67
		Others	3	5.00
3	Educational Status	Primary	8	13.33
		Secondary	22	36.67
		Graduate	18	30.00
		Illiterate	12	20.00
4	Occupation	Self-business	13	21.67
		Government Employee	6	10.00
		Private Employee	20	33.33
		Unemployed	21	35.00
5	Monthly Family In- come (₹)	≤ 5,000	13	21.67
		5,001–10,000	19	31.67
		10,001–20,000	21	35.00
		Above 21,000	7	11.67
6	Marital Status	Married	34	56.67
		Unmarried	18	30.00
		Widow	4	6.67
		Separated	4	6.67
7	Living Area	Rural	27	45.00
		Urban	27	45.00
		Tribal	6	10.00
8	Source of Information	Television	30	50.00
		Radio	2	3.33
		Awareness Programme	6	10.00
		Friends/Peers	11	18.33
		Health Care Personnel	11	18.33
9	Co-morbid Illness	Hypertension	12	20.00
		Diabetes Mellitus	10	16.67
		Polycystic Ovarian Dis- ease	21	35.00
		Others	17	28.33
10	Duration of Illness	< 6 Months	22	36.67
		6 Months – 1 Year	20	33.33
		> 1 Year	18	30.00
11	Drinking Water Facil- ities	Public Tap Water	37	61.67
		Bore Water	11	18.33
		Well Water	12	20.00

**Table 2: Mean Scores of Knowledge and Attitude Regarding Hypothyroidism Among Women Attending the Endocrinology OPD**

Variable	Pre-test Mean $\pm$ SD	Post-test Mean $\pm$ SD	df	Paired 't' Value
Knowledge	14.40 $\pm$ 4.98	29.36 $\pm$ 2.74	59	25.41*
Attitude	33.48 $\pm$ 2.95	41.98 $\pm$ 4.35	59	19.08*

**Table 3: Correlation Between Knowledge and Attitude Regarding Hypothyroidism Among Women Attending the Endocrinology OPD**

Group	Knowledge Mean $\pm$ SD	Attitude Mean $\pm$ SD	Correlation Coefficient (r)
Pre-test	14.40 $\pm$ 4.98	33.48 $\pm$ 2.95	0.02
Post-test	29.36 $\pm$ 2.74	41.98 $\pm$ 4.35	0.90

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