Willingness to change health behaviors during Covid-19 pandemic in the population of Rawalpindi City, Pakistan

Authors: Dr. Farhana Zain ul Abdein, Dr. Ume Sughra

Affiliation: Al Shifa Trust Eye Hospital, Quaid-e-Azam University, Islamabad, Pakistan.

Presenter: **Dr. Farhana Zain ul Abdein**

EMPHNET
The Eastern Mediterranean
Public Health Network

Background

Pakistan was affected by the fourth wave and now recovering from it. Despite government's precautionary policies, people have not been practicing the standard preventive measures.

The purpose of this study is to assess the willingness of people of Rawalpindi city to change/adapt their health behaviors during pandemic.

Willingness was determined through respondents' knowledge, risk perceptions, attitudes and practices during Covid-19 pandemic.

Rawalpindi, Punjab, Pakistan

- Respondents holding graduate degrees are more willing to change their behaviors.
- 93.8% of unmarried respondents showed more willingness to change their health behaviors.
- Respondents earning between 100k to 199k Rs showed more willingness for behavioral change.

Methodology

A Cross-sectional study was conducted in Rawalpindi city of Pakistan.

Community household survey was conducted in four randomly selected Union Councils of Rawalpindi with sample size of 384.

A structured questionnaire was prepared as per the guidelines of the National Institute of Health (NIH) - Pakistan, comprising of sixty-six questions and categorized as:

- Demographic characteristics
- Knowledge
- Risk perceptions
- Attitudes
- Practices

Results

- Socio-demographic characteristics showing high Willingness for health behavior change
- 18-30 years (94.1%) and mostly Females (93.9%) showed higher knowledge leading willingness to change health behavior.

Conclusion