

Impact of Post Abortion Counseling Based on PLISSIT Model on Women's Life Style

Abstract:

Background: Abortion is a traumatic and stressful factors that leads to mental, physical, sexual and marital problems, so the post-abortion period is a very important time for woman which effect on a woman's life style and her family. **Aim:** This study was conducted to evaluate the impact of post abortion counseling based on PLISSIT model on women's life style. **Design:** A quasi- experimental research design (pre & post counseling) was used to achieve the aim of the current study. **Setting:** The study was conducted at post-natal unit at Beni-Suef University hospital. **Sample:** A convenient sample of 92 women with abortions in previously mentioned setting. **Tools:** Data were collected using four tools, Tool I: A Structured Interview Questionnaire, Tool II: Women's knowledge about abortion and its management, Tool III: Women's life style changes based on the PLISSIT model, Tool IV: Information technology. **Results:** There was a highly statistically significant improvement among the studied women regarding total mean of life style after abortion. It shows that, the highest mean of the studied women was improved from 38.17 ± 10.99 pre-counseling to 68.33 ± 10.38 post implementation of counseling sessions program. **Conclusion:** Women's knowledge and life style as well were improved after implementing of counseling sessions based on PLISSIT model. **Recommendations:** Developing educational program to enhance women's knowledge regarding on how to use social media properly, maximizing its advantages, introducing women to the most trustworthy and legitimate social media sites, and showing them how to use these resources to improve women's life style after abortion.

Keywords: Counseling, Lifestyle, PLISSIT Model, Post abortion.