

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

## Abstract:

**Background:** Counseling on post-abortion care is vital for reproductive health, utilizing structured models for informed decision-making. The PLISSIT model (Permission, Limited Information, Specific Suggestions, Intensive Therapy) offers a stepwise approach to address women's concerns regarding psychological, emotional, and social complications post-abortion. Its effective implementation can mitigate post-abortion complications and improve women's knowledge, emotional adaptation, and lifestyle. **Aim:** The current study was conducted to evaluate the impact of counseling based on PLISSIT model on post abortion women's life style. **Subjects & Methods:** **Design:** A quasi-experimental (pre- and post-test) research design was used. **Sample & Settings:** A convenient sample of 92 women who had abortions affiliated obstetrics & gynecology unit at Beni-Suef University Hospital. **Tools:** (1) women's knowledge regarding abortion and management sheet; (2) women's lifestyle after abortion Questionnaire; (3) information technology Questionnaire; (4) abortion counseling based on the PLISSIT model. **Results:** 15.2% of the studied women had satisfactory knowledge regarding modern educational information on abortion pretest which improved posttest to become 80.4%. Also, 88% of the studied women had unhealthy lifestyle regarding weight and exercise which improved posttest to become 27.2%. Moreover, 3.3% of the studied women had good level of impact of social networking sites after abortion which improved posttest to become 76.1%. The mean total knowledge of the studied women about abortion during pretest was  $20.73 \pm 6.33$  which improved posttest to become  $34.04 \pm 6.76$ . **Conclusion:** In the pretest, no correlation was found between total knowledge, lifestyle, and the impact of social networking sites on women post-abortion. However, the posttest revealed a correlation between total knowledge and the impact of social networking sites. Furthermore, positive correlations were identified between total knowledge and overall lifestyle, and between overall lifestyle and the total impact of social networking sites on women post- abortion. **Recommendations:** Developing an educational program to enhancing women's knowledge regarding the using of 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:** *Post Abortion, Life Style, Counseling, PLISSIT Model*