

**Effectiveness of a planned health education intervention on childhood immunization in a family practice**

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Objectives of the study, two Comparative Groups were chosen from the family practice setting. Mothers' perception of responses related to haemophilus type b, problems related to mumps and MMR immunisation were assessed using the firmly established method of Health Belief Model (HBM). Four components of HBM (i) perceived susceptibility and (ii) perceived seriousness were assessed initially with regard to haemophilus type b and mumps problems. Furthermore, assessments of (iii) perceived barriers to vaccinations were carried out. Afterwards, assessment of (iv) perceived benefits of immunization. The proven success in a planned Health Education Intervention (HEI) among mothers on two of non-EPI vaccines showed that HBM was a useful and effective tool to the family physician in affecting a behavioural change. However, the components of the Health Belief Model (HBM) that showed a statistical significance were the perceived susceptibility, perceived seriousness and perceived benefits ( $p < 0.05$ ). Moreover, implementation of a planned health education Intervention using a flip chart and leaflet on non - EPI vaccination was an effective method of improving perceptions in family practice. The mean score of HBM responses showed an increase on two of non-EPI vaccines (Hib and MMR). Conversely, the increase in the intention to vaccinate their children was differently affected between Hib and MMR vaccines. Furthermore, analysed results also showed that mean score difference of assessment of perceived susceptibility and seriousness of Hib diseases and mumps was not affected by any of the background factors or sociodemographic factors considered in the study ( $p < 0.05$ ). Therefore, to achieve positive outcome in other areas related to immunization, the HBM can be strongly recommended in other at family practice situations to reduce the health care cost burden to a significantly low level with minimum effort, as this, has shown greater perceived benefits in the two of non - EPI vaccines recommended in Sri Lanka.