

## **KNOWLEDGE OF OSTEOPOROSIS IN IRANIAN FEMALE ADOLESCENTS**

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**BACKGROUND :** The purpose of this study was to explore female students' knowledge about osteoporosis risk factors in Tehran, Iran.

**METHOD:** A cross-sectional study with a 31-item questionnaire was used in this research. A convenience sample of 1000 adolescents in grades 1-3 from 6 high schools participated in this study. The data was described by chi-square test.

**RESULT:** According to 22 questions assessing knowledge, suitable knowledge of students was estimated to be 40.8% .Of 9 familial factors, only the correlation between occupation of father and knowledge was significant statically ( $p<0.05$ ). Knowledge was higher in independent- medicine versus dependent- medicine occupation.

**CONCLUSION:** Overall , the knowledge of these adolescents, who were in a crucial period of their lives for accruing bone mineral, about osteoporosis was limited and they did not have enough knowledge of risk factors of osteoporosis (complication of diseases, sex, race, smoking, sun exposure, exercise, calcium- rich foods and menopause).

**Keywords:** osteoporosis, adolescent, knowledge