Differences between health-promoting lifestyle among sex worker with substance use and non-substance use women (Case study in Tehran)

Fatemeh Damirchi 1, Anahita Khodabakhshi Koolaee 2*

1. Master of Clinical Psychology, Psychology Department, Islamic Azad University of Khomain, Khomain, Iran.
2. Assistant Professor of Counseling, Department of psychology and Education, Faculty of Humanities, Khatam University, Tehran, Iran

*Corresponding Author: Anahita khodabakhshi koolaee; psychology and Education department, Faculty of Humanities, Khatam University, Tehran, Iran
Email: a.khodabakhshid@khatam.ac.ir

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Abstract
Background and Objective: The high risks behaviors in sex worker women have a strong relationship with substance use. In addition, lifestyle has a key role in prevalence of social problems. Therefore, the aim of current study is to investigate the differences between health-promoting lifestyle among women sex workers with substance and non-substance use.

Materials and Methods: This study is a descriptive correlation research. The 120 women including 60 sex worker with substance use and 60 non-substance use women who were selected by convenience sampling in Tehran in 2016. They completed the Health- Promoting Lifestyle Profile (HPLP). Data was analyzed by utilizing multivariate analysis of variance. SPSS software version 20 was used.

Results: The results indicated that there was a the higher mean scores in nutrition and interpersonal sub-scales in non-substance use women than sex worker women (P=0.001). In addition, in spiritual level (P=0.001), responsibility (P=0.008) and Stress Management (P=0.015) in non-substance women had lower scores than substance use women sex-worker.

Conclusion: These findings indicated that even though the life style in two group of sex worker women was unhealthy and unsafe but, in life style components in two women sex worker with and without substance abuse were different.

Keywords: Life Style, Health, Drug User, Sex worker, Women