

## Motivation of Application Health Beliefs Models With Substance Abuse

Nasir Muwfaq Younis<sup>1</sup>, Mahmoud Mohammed Ahmed<sup>2</sup>, Rian Mahmood Ibrahim<sup>3</sup>

<sup>1</sup>Prof.PhD. College of Nursing / University of Mosul/ IRAQ

<sup>2</sup>Assist. Prof.PhD. College of Nursing / University of Mosul/ IRAQ

<sup>3</sup>Assist.Lecture.College of Nursing/ University of Mosul/ IRAQ

### Abstract:

**Background:** Motivation refer to Is the strategy for preparation, which may be internal or external for providing to information, raising awareness and incorporating an appropriate system of reference that can stimulate health behavior. The aim of the study to assess of Motivation of Application Health Beliefs Models with Substance Abuse.

**Material and method:** Using a randomized controlled trial methodology and a true experimental design, the current study aims to determine how well a health beliefs model-based intervention can change the attitudes of university students in Mosul City toward drug abuse between January 15, 2024, and February 28, 2024.

**Results:** Findings of this study depict that there were statistically significant differences among Motivation toward drugs abuse among Students.

**Conclusions:** The results of this study suggested that the way an HBM-based study is designed may have an impact on students' knowledge and smoking-related behaviors. Taking into account the construct of Motivation and its positive correlation.

**Keywords:** HBM , Motivation, substance abuse

**Corresponding Author:** Nasir Muwfaq Younis†, Prof.PhD. College of Nursing / University of Mosul/ IRAQ

**Copyright:** © 2024 The Authors. Published by Vision Publisher. This is an open access article under the CC BY-NC-ND license (<https://creativecommons.org/licenses/by-nc-nd/4.0/>).

# Introduction

The HBM notes that if a person suspects that he or she is vulnerable to a serious health condition, the person is supposed to feel that the advantages outweigh the barriers associated with modifying his or her conduct in order to avoid the problem. The model of health belief is a fantastic tool for nurses to provide them with a theoretical structure to help their patients avoid chronic illnesses or enhance the quality of life if illness is present (1). The Health Belief Model theoretical constructs originate from theories in Cognitive Psychology (2). The expectation is that a certain health action could prevent the condition for which people consider they might be at risk. The HBM suggests that your belief in a personal threat together with your belief in the effectiveness of the proposed behavior will predict the likelihood of that behavior (3).The HBM is one of the theories of individual (Intrapersonal) behavior that focuses primarily on an individual's awareness, attitude and actions. For nearly eighty years, HBM has been used effectively to foster good safe behaviors (4). HBM was mostly used to explain why some people support condition-prevention behaviors and others do not (5).Cues to action Incidents that serve as a warning of the intensity or risk of an illness are described as (6).Cues to action are external events which prompt a desire to make a change in health. A prompt to action is something that helps drive someone to actually make the change from trying to make a health change (7).The people's behaviors are also influenced by cues to action, modifying variables and their self-efficacy. The people's behaviors are also influenced by cues to action, modifying variables and their self-efficacy. Act construction may involve a number of behavioral variables, ranging from mass media advertising comprehension and recall, to leaflets and letters of reminders, to perceived descriptive and injunctive regulatory regulation by health care practitioners(5). The aim of the study to assess of Motivation of Application Health Beliefs Models with Substance Abuse.

## Methods and Materials:

Using a true experimental design and a randomized controlled trial methodology, the current study aims to determine how well a health beliefs model-based intervention can change the attitudes of Mosul City university students toward substance use between January 15, 2024, and February 28, 2024. The study sample consisted of eighty students who participated in a behavior modification training program. The study sample will be selected from four colleges at the University of Mosul: engineering, science, medicine, and education. Participants in each behavior were randomly assigned to one of two groups: the experimental group or the control group. The experimental group received a health education lecture about substance use as an intervention. I analyzed the data using chi-square, the t-test, and both descriptive and inferential statistics (Means, SD, Number, and Percent) using SPSS, Version 23. A mixed design analysis of variance (ANOVA) is used to measure changes among participant beliefs, motivation, control, and intentions over three times (pre-test, post-test1, and post-test2), in addition to a Pearson's correlation coefficient used to determine the relationship between Health Belief Model concepts, behavioral motivation, behavioral control, and intentions to changing beliefs related to substance use. (8-87).

## Results:

**Table 1: Repeated Measures ANOVA Tests the health beliefs model in changing the belief related to substance abuse among university students (Motivation).**

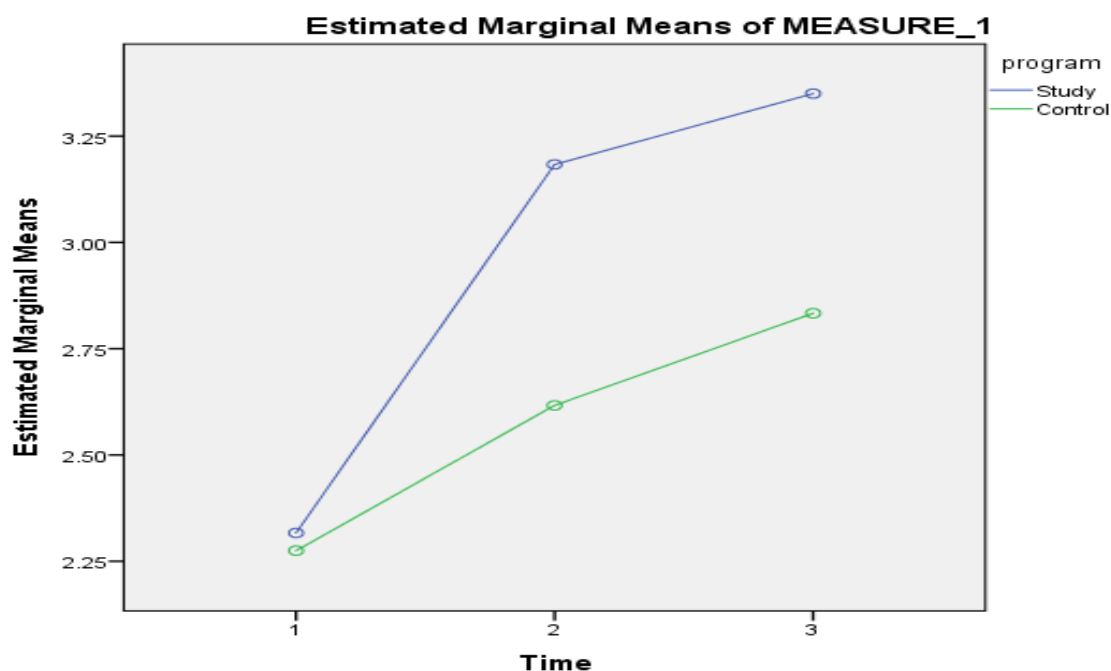
Cue to action	“Repeated Measures ANOVA Tests”			
	F	P	( $\eta^2$ )	O.P.
Main time effect	39.543	0.000	0.407	1.000
Between groups effect	15.842	0.000	0.169	0.976
Groups Interaction overtime	4.546	0.014	0.106	0.758

$\eta^2$ : Partial Eta Squared (size effect). O.P. Observed Power.

The results of table 1 illustrate that the test inside the subjects shows that the test principal time effect is important ( $F= 39.543$ ,  $p= 0.000$ ).

The important interaction indicates that the Health Beliefs Models among the research participants (experiment and control) are evolving over time and are evolving in different ways, i.e., the lines of the two groups are not parallel in figure (1).

In this particular example, it is apparent in Figure (1) that the study group increases in beliefs over time as compared to the control group, which decreases in beliefs over time. Regarding the size of the effect, (Table 1) reveals that about 40% of variance from altered beliefs (Cues to action) is responsible for the time.



**Figure 1: Changing in beliefs related to substance abuse among university students (Motivation) for the study and control groups throughout the three times.**

**Table 2: Post-hoc Test Using Bonferroni Corrections Procedure for Changing in the Students' Beliefs about Health beliefs Model (Motivation) among Study and Control Group Over Times**

HBM	Groups	Post hoc Using Bonferroni		
		(pretest) vs (post 1)	(pretest) vs (post 2)	(Post1) vs (post 2)
Cues to action	Exp	0.000	0.000	0.766
	Con	0.044	0.119	0.357

Based on estimated marginal means. The mean difference is significant at the 0.05 level. Adjustment for multiple comparisons: Bonferroni.  $p < 0.05$  indicated in bold.

The table 2 shows that the score of Health Beliefs Model (Motivation) among study group participants differed significantly from pre-test to posttest-1 ( $\text{sig}=0.000$ ) and from pre-test to posttest-2 ( $\text{sig}=0.000$ ). There are no statistically significant variations in the information score from posttest-1 to post-test-2. Table 2 indicates that there is no statistically meaningful change in student views over time when it comes to the control group.

## Discussion:

All participants of this study were changing over the period of the educational program but in different levels of their students Beliefs about Cues to action .There was a major increase in Beliefs levels for study group participants at posttest-1 and then a slight decrease at posttest-2. This result was certainly due to that students have benefited from the information that was learned from the program. Table (1).This research showed that the mean score of Cues to

action in changing the belief of drug use among university students after the educational course increased significantly in the experimental study group relative to the control group. Table (1). Cues to action, here students, the person feels the need to take action, through the educational program, following up with family members and friends, and social media guidelines, could be used as cue to action in changing the behavior of substance users towards substance use. While there was a very little increase in Beliefs levels for control group participants at posttest-1 and then a slight decrease at posttest-2. This result was surely because the students of control group had not participated in the educational program (Table 1; Figure 1). The significant interaction revealed that the beliefs among the participants under the study (study and control) was changed over time and it is changing in different ways. In other words, the lines of the two groups are not parallel. For this construct it is clear that the study group is increasing in beliefs over time conversely to the control group which is decreasing in beliefs over time (Figure 1). These results were compatible with the study of (88-96), which entitled "Effectiveness of life skills training program in prevention of drug use among secondary school students" who mentioned that The influence of family, peers and friends be well impressive, they can increase cue to action or social norms. So, student's behaviors will be changed gradually positively. The findings showed that the score of Health Belief Model (Cues to action) among study group participants differed significantly from pre-test to posttest-1 ( $\text{sig}=.000$ ) and from pre-test to posttest-2 ( $\text{sig}=.000$ ). (Table 2) These findings consistent with (97-98) who found were significant inter- and intra-group differences, as well as the group-time interaction in cues to action ( $P < 0.001$ ). However, there was no statistically significant differences in the score of student Beliefs from posttest-1 to post-test-2. These results indicated that Beliefs among study group was improved after education with no significant changes from this improvement after three months. Concerning control group, the (Table 2) revealed that there was no statistically significant change in students' Belief over the period of the educational program.

### Conclusion:

The results of this study suggested that the way an HBM-based study is designed may have an impact on students' knowledge and drug abuse-related behaviors. Taking into account the favorable relationship between the Motivation construct.

### Reference:

1. Champion VL, Skinner CS. The health belief model. *Health behavior and health education: Theory, research, and practice*. 2008;4:45-65.
2. Gharouni K, Ardalan A, Araban M, Ebrahimzadeh F, Bakhtiar K, Almasian M, Bastami F. Application of Freire's adult education model in modifying the psychological constructs of health belief model in self-medication behaviors of older adults: a randomized controlled trial. *BMC Public Health*. 2020 Dec;20:1-2.
3. Taylor D, Bury M, Campling N, Carter S, Garfield S, Newbould J, Rennie T. A Review of the use of the Health Belief Model (HBM), the Theory of Reasoned Action (TRA), the Theory of Planned Behaviour (TPB) and the Trans-Theoretical Model (TTM) to study and predict health related behaviour change. London, UK: National Institute for Health and Clinical Excellence. 2006 Jun:1-215.
4. Ibrahim RM, Ahmed MM, Younis NM. Effectiveness of a Model-Based Intervention Based on Health Beliefs in Altering the Beliefs of Students Regarding Substance use. *Journal of Current Medical Research and Opinion*. 2024 Jul 29;7(07):3363-72.
5. Ahmed MM, Ibrahim RM, Younis NM. Perceived Susceptibility toward Smoking among Students. *Journal of Current Medical Research and Opinion*. 2024 Jul 12;7(07):3217-25.
6. Ahmed MM, Younis NM, Dhahir NM, Hussain KN. Acceptance of Covid-19 vaccine among nursing students of Mosul University, Iraq. *Rawal Medical Journal*. 2022 Apr;47(2):254.
7. Abbas AS, Younis NM. Efficacy of Pender's Health Promotion-based Model on Intervention for Enhancing University of Mosul Hypertensive Employees' Eating Behaviors: A randomized Controlled Trial. *Revis Bionatura*. 2022;7(3):35.
8. Younis NM, Mahmoud M, Ahmed A. University Students' Attitude Towards E-Learning. *Bahrain Medical Bulletin*. 2021;43(2):460-2.
9. Ahmed MM, Younis NM, Abdulsalam RR. Assessment of changes in sleep habits in elementary students during covid\_19 lockdown. *International Journal of Medical Toxicology & Legal Medicine*. 2022;25(1and2):76-80.

10. Adea MK, Lefta RM, Younis NM. Impact of psychosocial aspect parameters on psoriasis patients' quality of life at outpatient clinic in Al-Dewania City, Iraq. *Rawal Med J.* 2022 Dec 11;47(4):892.
11. Ibrahim RM, Ahmed MM, Younis NM. Modifications in Sleep Patterns During the COVID-19: Review of Subject. *Journal of Current Medical Research and Opinion.* 2024 Jul 25;7(07):3354-62.
12. Taher AK, Younis NM. Effect of a trans theoretical model in improving behaviors of health care workers related to electronic hookah in Mosul, Iraq. *Rawal Medical Journal.* 2023 Mar 3;48(1):228-.
13. Ibrahim RM, Idrees NH, Younis NM. Epidemiology of leukemia among children in Nineveh Province, Iraq. *Rawal Med J.* 2023 Mar 3;48(1):137.
14. Ali HA, Abbas FF, Younis NM. Mothers' knowledge and attitudes towards breastfeeding in Thi-Qar City, Iraq. *Rawal Med J.* 2023 May 27;48(2):514.
15. Nasir MY, Rian MI, Nada HI. Prevalence of snake bite among children in Nineveh Governorate/Iraq: A retrospective study. *International Journal of Medical Toxicology & Legal Medicine.* 2022;25(3and4):166-9.
16. Bura'a LN, Younis NM. Nurses knowledge regarding to phototherapy at neonatal care units in Mosul City, Iraq. *Rawal Med J.* 2023 May 27;48(2):379.
17. Ibrahim RM, Ahmed MM, Younis NM. Nursing Students' Information Toward Distraction Techniques for Children Undergoing Procedures. *Journal of Current Medical Research and Opinion.* 2024 May 23;7(05):2597-605.
18. Muwfaq Younis N. Efficacy of Health Beliefs Model-Based Intervention in Changing Substance Use Beliefs among Mosul University Students: A Randomized Controlled Trial. *Revis Bionatura* 2022; 7 (2) 35.
19. Ahmed MM, Younis NM, Ibrahim RM. Apply the HBM in Changing the Beliefs Related to Weight Control Behaviors among Employees. *Journal of Current Medical Research and Opinion.* 2024 Jul 22;7(07):3345-53.
20. Ibrahim RM, Ahmed MM, Younis NM. Using the Behavioral Motivation to Enhancing Behavior of Students Towards Addiction. *Journal of Current Medical Research and Opinion.* 2024 Jul 22;7(07):3337-44.
21. Mohammad FH, Noori LK, Younis NM. Assessment of Nutritional habits among Mosul University Students regarding breakfast. *Rawal Med J.* 2023 Mar 3;48(1):96.
22. Bura'a LN, Younis NM. An Interventional Program on Nurses Knowledge and Practice towards Phototherapy in Neonatal Care Units. *Int J Membrane Sci Technol.* 2023 Jul 2;10(2):1428-32.
23. Younis NM. Evaluation the health lifestyle of kindergarten students at Mosul city/Iraq. *International Journal of Medical Toxicology & Legal Medicine.* 2023;26(1and2):148-52.
24. Younis NM. Prevalence of Electronic Hookah and Risk Factors among University Students in Mosul City/Iraq. *Int J Membrane Sci Tech.* 2023 Jul 2;10(2):1422-7.
25. Ahmed MM, Naji AB, Younis NM. Efficacy of an educational program based on health belief model to enhancing weight control behaviors among employees in the University of Mosul: a randomized controlled trial. *Revis Bionatura.* 2023;8(3):28.
26. Younis NM, Ahmed MM, Dhahir NM. Knowledge and Attitude toward older adults among Nursing Students. *Signal.* 2012;84:70.
27. Younis NM, Taher AK. Efficacy of Trans Theoretical Model Intervention for Improving Behaviors related to Electronic Hookah Smoking among Healthcare Workers in Mosul Hospital: A Randomized Control Trail. *Int J Membrane Sci Tech.* 2023 Jul 2;10(2):1433-9.
28. Younis NM. Epidemiology of Hepatitis B-virus in Nineveh province: Retrospective Study. *Int J Membrane Sci Technol.* 2023 Jul 2;10(2):1440-4.
29. Abbas AS, Younis NM. Assessing the effect Pender's Model in changing employees' Eating Behaviors suffer hypertension at Mosul University Iraq. *Pakistan Journal of Medical & Health Sciences.* 2022 Jul 29;16(06):476-.
30. Ayed AY, Younis NM, Ahmed MM. Comparison of infection severity of vaccinated and unvaccinated health workers with Corona Virus: A cohort study. *Journal of Education and Health Promotion.* 2023 Sep 1(1):336.
31. Younis N. Assessment of healthy lifestyle habits among Mosul university students. *Int J Adv Nurs Stud.* 2014 Jul 1;3(2):69-73.



32. Hussein AA, Younis NM, Ahmed MM. Health Promoting Lifestyle profile Among Nursing Students in Mosul University. *International Journal of Psychosocial Rehabilitation*. 2020;24(09).
33. Younis NM, Naji AB. Assessing the effect of an educational intervention based on health belief model on preventive behaviors of addiction. *Pakistan J Med Health Sci*. 2021;15(3):813-7.
34. Younis NM, Naji AB. Evaluation of preventive behaviors of addiction among students: Application of health belief model. *Indian J Forensic Med Toxicol*. 2021 May 17;15(4):1273-8.
35. Bura'a LN, Younis NM. Educational Program of Nurses Practices Towards to Phototherapy at Neonatal Care Units. *Pakistan Journal of Medical & Health Sciences*. 2023 Jun 9;17(04):530-.
36. Younis NM, Naji AB. The effect of health education based on the health belief model about changing the belief related to substance use among university students in Mosul city-Iraq. *Annals of the Romanian Society for Cell Biology*. 2021 May 4:14687-98.
37. Younis NM, Hussein AA, Ahmed MM, Younis NM. Quality of life and occupational hazards among cement factory workers in Mosul city. *QoL and Occupational Hazards among Cement Factory Workers*. 2021;24(2):1-8.
38. Younis NM. Assessment for Mortality Rate Children Under Five Years in Mosul City. *Journal of Kufa for Nursing Science Vol*. 2014;4(1).
39. Jasem WM, Younis NM. Assessment of Nurses' Performance Regarding Nursing Documentation in Pediatric Wards at Mosul Hospitals. *Journal of Current Medical Research and Opinion*. 2024 Apr 12;7(04).
40. Ahmed AS, Younis NM. Assessment of Nurses Knowledge Regarding Blood Exchange Transfusion at Mosul Neonatal Care Units. *Journal of Current Medical Research and Opinion*. 2024 Apr 12;7(04):2285-8.
41. Younis NM, Naji A. Efficacy of Health Belief Model-Based Training in Changing the Beliefs about Substance use. *Kufa Journal for Nursing Sciences*. 2021 Jun 25;11(1):221-9.
42. Ahmed MM, Younis NM, Hussein AA. Association between Internet Addiction and Sleep disturbance Among Nursing Students. *International Journal of Psychosocial Rehabilitation*. 2020;24(09).
43. Younis NM, Salih YH. Nursing Students' Knowledge about Caring for the Elderly. *Journal of Current Medical Research and Opinion*. 2024 Apr 15;7(04):2320-7.
44. Abed SM, Suleiman AA, Ahmed SS, Younis NM, Ahmed MM. Road Traffic Accident Characteristics And Injury Outcomes Among Victims In Mosul City. *Journal of Pharmaceutical Negative Results*. 2023 Sep 15:4102-8.
45. Saad WI, Kumait AS, Younis NM. Workplace challenges and violence against nurses: subject review. *Pakistan Journal of Medical & Health Sciences*. 2023 Mar 2;17(01):509-.
46. Taher AK, Younis NM. Evaluation Of Processes Of Change Related To Trans Theoretical Model Of Enhancing Behaviors Of Healthcare Workers User Electronic Hookah. *Journal of Pharmaceutical Negative Results*. 2023 Mar 16:3190-3.
47. Alkaisy MS, Ahmed SS, Alsydan MS, Suleiman AA, Younis NM, Ahmed MM. Post-Traumatic Stress Disorder Following Wars and Repression at Mosul City-Iraq. *Indian Journal of Forensic Medicine & Toxicology*. 2021 May 17;15(3):1240-5.
48. Younis NM, Ali MT, Hasan MK, Khalaf MS, Abdullah MN, Ahmed YL, Abdulkadir MN. Knowledge and attitude of collegians at university in Mosul towards the prevention and control of COVID-19. *Turkish Journal of Physiotherapy and Rehabilitation*. 2021:7975-8.
49. Younis NM, Ahmed MM. Knowledge and Compliance with Standard Precautions among Nursing Students in Mosul University. *Assiut Scientific Nursing Journal*. 2014 Jun 1;2(3):152-9.
50. Younis NM, Ahmed MM, Hussein AA. Epidemiology Of Deaths From Injuries In Nineveh Governorate (2008\_2012). *kufa Journal for Nursing sciences*. 2014;4(2).
51. Younis NM, Ahmed MM. knowledge and Attitude of Nursing Students' towards Palliative Care. *Journal of Current Medical Research and Opinion*. 2024 Apr 20;7(04):2345-53.
52. Younis NM, Ahmed MM. Road Traffic accidents in Nineveh Province (2017\_2021): A retrospective study. *Journal of Current Medical Research and Opinion*. 2024 Apr 20;7(04):2354-62.
53. Ibrahim RM, Younis NM, Ahmed MM. Knowledge and Attitude of University Students Regarding Rhinoplasty. *Journal of Current Medical Research and Opinion*. 2024 May 1;7(05):2411-9.

54. Hussein AA, Younis NM, Ahmed MM. Assessment of Diabetic Self-Management among Patients with Diabetic Type II. *Journal of Current Medical Research and Opinion*. 2024 May 1;7(05):2402-10.
55. Ahmed MM, Ibrahim RM, Younis NM. Nursing Students' Attitudes about Organ Donation in University of Mosul/Iraq. *Journal of Current Medical Research and Opinion*. 2024 May 1;7(05):2430-7.
56. Ahmed MM, Ibrahim RM, Younis NM. Assessment of Sleep Habits among Nursing Students in Mosul City/Iraq. *Journal of Current Medical Research and Opinion*. 2024 May 1;7(05):2420-9.
57. Ahmed MM, Ali Hussein A, Youns NM. Knowledge, attitude, and practice (KAP) of voluntary blood donation among nurses in Mosul Teaching Hospital. *Mosul Journal of Nursing* (Print ISSN: 2311-8784 Online ISSN: 2663-0311). 2017 Jul 1;5(1):24-32.
58. Ahmed MM, Ibrahim RM, Younis NM. Assessment of Nursing Students' Attitudes Toward Obese Individuals. *Journal of Current Medical Research and Opinion*. 2024 May 4;7(05):2468-76.
59. Younis NM, Ibrahim RM, Ahmed MM. Apply Health Beliefs Model Towards of Substance Abuse. *Journal of Current Medical Research and Opinion*. 2024 May 4;7(05):2460-7.
60. Ibrahim RM, Ahmed MM, Younis NM. Prevalence of COVID-19 among Students in Mosul University. *Journal of Current Medical Research and Opinion*. 2024 May 4;7(05):2477-88.
61. Younis NM, Ahmed MM, Dhahir NM. Knowledge and Attitude toward older adults among Nursing Students. 2021. *PJM HS*.;15(3).
62. Ahmed MM, Ibrahim RM, Younis NM, Ahmed SS. Nurses Knowledge and Practice about adverse Effects Following Immunization at Primary Health Care Centers in Mosul City. *Journal of Current Medical Research and Opinion*. 2024 May 15;7(05):2536-42.
63. Hussein AA, Ahmed MM, Younis NM, Ibrahim RM. Apply Pender's Health Promotion Towards Hypertension of Employees in Mosul City/Iraq. *Journal of Current Medical Research and Opinion*. 2024 May 15;7(05):2529-35.
64. Ibrahim RM, Ahmed MM, Younis NM. Benefits and Challenges of Healthy Dieting among Nursing Students. *Journal of Current Medical Research and Opinion*. 2024 May 15;7(05):2521-8.
65. Allawi RH, Ahmed MM. Assessment of Nurse's Knowledge Towards Diabetic Ketoacidosis among children in Mosul City/Iraq. *Rawal Medical Journal*. 2023 Apr;48(2).
66. Allawi RH, Ahmed MM. Assessment of Nurses' Practices Towards Children with Diabetic ketoacidosis. *Pakistan Journal of Medical & Health Sciences*. 2023 Jun 2;17(04):444-.
67. Kaleel MI, Mahmoud MA. Assessment of Mothers' Knowledge about Breastfeeding Premature Infants in Mosul city. *Journal of Current Medical Research and Opinion*. 2024 Apr 19;7(04):2328-33.
68. Mahmoud MM, Ahmed MM. Assessment of Self-Management Behavioral Skill among Patients with Diabetic type II in Mosul City. *Journal of Current Medical Research and Opinion*. 2024 Apr 19;7(04):2334-9.
69. Ibrahim RM, Al Hafidh NM. Acute Diarrhea in Exclusively Breast Fed Infants in relation to Zinc Level. *Pak J Med Health Sci*. 2021;15:1431-5.
70. Younis NM, Ahmed MM, Abdulsalam RR. Assessing quality of life in palliative care. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(3and4):115-8.
71. Muwfaq YN, Ahmed MM, Abdulsalam RR. Assessing Quality of Life in Palliative Care. *Bahrain Medical Bulletin* 2021;43(3):594-6.
72. Ahmed MM, Younis NM, Hussein AA. Prevalence of tobacco use among health care workers at primary health care centers in Mosul City. *Pakistan Journal of Medical and Health Sciences*. 2021;15(1):421-4.
73. Younis NM, Ahmed MM, Hussein AA. Nurses' knowledge, attitude and practice towards preparedness of disaster management in emergency of mosul teaching hospitals. *Medico-Legal Update*. 2020 Jul 1;20(3):775-9.
74. Naji AB, Ahmed MM, Younis NM. Adherence the preventive measure against for covid-19 among teachers at university of mosul. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(3and4):273-7.
75. Ibrahim RM, Ahmed MM, Younis NM. Correlations Between Health Beliefs Model and substance use among University students. *Journal of Current Medical Research and Opinion*. 2024 Jun 12;7(06):2810-8.

76. Ahmed MM, Ibrahim RM, Younis NM. Enhancing Weight Control Behaviors among University Employees: Health Beliefs Model. *Journal of Current Medical Research and Opinion*. 2024 Jun 12;7(06):2801-9.
77. Younis NM, Ahmed MM, Ayed AY. HIV knowledge and preventive Standards Precautions Among Healthcare Workers in Blood Transfusion Centers.
78. Younis NM, Ibrahim RM, Ahmed MM. Health Problems Related to Quality of Life among Aging in Iraq. *Journal of Current Medical Research and Opinion*. 2024 Jun 24;7(06):3015-24.
79. Younis NM, Ibrahim RM, Ahmed MM. Independency Domains Among Old Age in Mosul City/IRAQ. *Journal of Current Medical Research and Opinion*. 2024 Jun 24;7(06):3025-33.
80. Ayed AY, Younis NM, Ahmed MM. Teachers' knowledge about communicable disease control at primary schools in Mosul City: A cross-sectional study. *International Journal of Academic Medicine*. 2024 Apr 1;10(2):75-9.
81. Younis NM, Ibrahim RM, Ahmed MM. Life of adaption among Old Adults in Nineveh Governorate. *Journal of Current Medical Research and Opinion*. 2024 Jul 1;7(07):3099-106.
82. Younis NM, Ibrahim RM, Ahmed MM. Personal Hygiene Towards Old Age. *Journal of Current Medical Research and Opinion*. 2024 Jul 1;7(07):3107-113.
83. Younis NM, Ahmed MM, Dhahir NM. Knowledge and Attitude toward older adults among Nursing Students. 2021.
84. Ibrahim RM, Ahmed MM, Younis NM. Physical activity among Elderly in Mosul City/IRAQ. *Journal of Current Medical Research and Opinion*. 2024 Jul 5;7(07):3149-54.
85. Ibrahim RM, Ahmed MM, Younis NM. Psycho-Social Aspects Among Elderly in Nineveh Governorate. *Journal of Current Medical Research and Opinion*. 2024 Jul 5;7(07) : 3155-63.
86. Ibrahim RM, Ahmed MM, Younis NM. Perceived Benefits Related to Drug Abuse among Students. *Journal of Current Medical Research and Opinion*. 2024 Jul 8;7(07):3179-86.
87. Ibrahim RM, Ahmed MM, Younis NM. Perceived Barriers for substance Abuse among Students. *Journal of Current Medical Research and Opinion*. 2024 Jul 8;7(07):3171-8.
88. Ibrahim RM, Ahmed MM, Younis NM. Correlation Between HBM and Weight Control among Employee University. *Journal of Current Medical Research and Opinion*. 2024 Jun 17;7(06):2870-8.
89. Al-Ghurairi SA, Younis NM, Ahmed MM. Prevalence of weight gain among students of Mosul University, Iraq during quarantine 2020. *Rawal Medical Journal*. 2022 Jul;47(3).
90. Ahmed MM, Younis NM, Hussein AA. Violence Towards Nurses Staff at Teaching Hospitals in Mosul City. *Indian Journal of Forensic Medicine & Toxicology*. 2020 Jul 1;14(3).
91. Ahmed MM, Ibrahim RM, Younis NM. Perceived Seriousness related to Smoking among students. *Journal of Current Medical Research and Opinion*. 2024 Jul 13;7(07):3234-43.
92. Ahmed MM, Younis NM, Ibrahim RM. Evaluation of Behavioral Control aimed at Improving Students' Behavior Concerning Substance abuse. *Current Clinical and Medical Education*. 2024 Jul 19;2(7):92-9.
93. Ahmed MM, Ibrahim RM, Younis NM. Behavioral Intention to Improvement Behavior of Students' related to Drug Use: Apply the Health Beliefs Model. *Current Clinical and Medical Education*. 2024 Jul 19;2(7):100-6.
94. Younis NM, Ahmed MM, Dhahir NM. Prevalence of coronavirus among healthcare workers. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(1and2):267-70.
95. Younis NM, Ibrahim RM, Ahmed MM. Relationship between Quality of Life and Lifestyle of Health Old Age. *Current Clinical and Medical Education*. 2024 Aug 1;2(8):18-28.
96. Ibrahim RM, Ahmed MM, Younis NM. Correlation between Physical Activity and Quality of Life of Elderly. *Current Clinical and Medical Education*. 2024 Aug 1;2(8):9-17.
97. Younis NM, Ibrahim RM, Ahmed MM. Relationship between Personal Hygiene and Elderly Health. *Current Clinical and Medical Education*. 2024 Aug 4;2(8):199-206.
98. Ibrahim RM, Ahmed MM, Younis NM. Association between Psychological Problem and Health old age. *Current Clinical and Medical Education*. 2024 Aug 4;2(8):190-8.