

Assessing Parental Understanding and Perspectives on Vitamin A Supplementation for Children: A Quantitative Study using the Health Belief Model

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Abstract

Background: Vitamin A deficiency contributes to preventable blindness and child morbidity in developing countries. While Vitamin A supplementation (VAS) is effective, parental perceptions influence adherence. **Objectives:** The objective of this study was to identify the predictors of adherence to VAS among parents of children aged 9–59 months using the Health Belief Model (HBM). **Materials and Methods:** A cross-sectional study was conducted among 256 parents attending an immunization center. Data were collected through a validated questionnaire on knowledge and HBM constructs. Logistic regression identified predictors of VAS adherence. **Results:** 28.1% perceived child as susceptible, and 52.0% recognized benefits of supplementation. Perceived susceptibility (adjusted odds ratio [AOR] = 33.48, 95% confidence interval [CI]: 4.62–242.71), perceived benefits (AOR = 8.82, 95% CI: 1.78–43.79), fewer perceived barriers (AOR = 96.05, 95% CI: 21.84–422.30), and higher self-efficacy (AOR = 8.47, 95% CI: 2.32–30.89) significantly predicted adherence. Perceived severity was not significant. **Conclusion:** Strengthening awareness, reducing barriers, and enhancing parental confidence can improve VAS uptake.

Key words: Child health, health attitudes, Health Belief Model, parental role, Vitamin A