

## Barriers to health education in adolescents: Health care providers' perspectives compared to high school adolescents

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**Aim:** Although adolescence is marked by profound and dynamic changes, yet it is virtually neglected by health care providers, by society and even by most parents, teachers and health professionals. The aim of this study was to investigate barriers to health education in adolescents from health care providers' views compared to teens.

**Methods:** The study population consisted of 72 health care providers and 402 high school female students in Northern Iran in 2012. They were completed a self-administered questionnaire around their views about barriers to adolescents' health education.

**Results:** It's revealed that the major barrier to adolescents' health education from health care providers' perspective was "Lack of private room for adolescents' health education," while "Lack of adolescents' interest to content of educational programs" was a significantly greater barrier to health education among adolescents.

**Conclusion:** The results suggest that for adolescent' health education, specific strategies should be used in adolescents' health promotion programs.

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