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| **Effect of a Designed Health Education Program on Puberty Health Knowledge among Female Blinded Adolescent Students** |
| **Background/Objectives:** Reproductive health is one of the most fundamental aspects of life and receives little attention in public policy discussions because of its cultural and political sensitivities. The aim of this study was to evaluate the effect of a designed health education program on knowledge about puberty health among female blinded adolescent students during periods of 2011–2015.**Methods:** This was a quasi-experimental study, which was conducted on 100 blind girls aged 9–19 years. Data collection tool was a researcher made questionnaire. Samples were recruited with convenience sampling method from the Narjes educational center of blind girls in Tehran. The educational needs assessments survey was used to learn about important issues and problems faced by female-blinded students in order to design effective educational programs. The effectiveness of designed program was assessed by comparing the students' knowledge between the baseline and one-month follow-up.**Results:** The results showed that puberty knowledge of blind students was increased in all five educational domains after intervention compared to the baseline. Knowledge about onset of puberty changes showed the highest increase and the knowledge about personal hygiene had the least change after intervention. The majority of students did not have any information resource regarding puberty health and about one quarter of them reported their mother as the main resource of puberty information**.****Discussion:** Performing educational programs during puberty has a crucial role in young girls’ knowledge increase. Performing a continuous health educational program tailored to the needs of blind students by using the suitable strategies is recommended.**Keywords:** Puberty, Health education; Blindness; Adolescent; Women's health. |