

Conclusion: Tailored e-learning is an effective and accessible intervention for enhancing health-promoting behavior among nurses.

140 **THE IMPACT OF E-LEARNING ON ASPECTS OF HEALTH-PROMOTING LIFESTYLE NURSES**

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Background and aims: One of the most important measures of health promoting behaviors as determinants of health are the underlying cause of many diseases, not having known and Health promotion and disease prevention are related directly to these behaviors . Six important part of promoting healthy lifestyles, including relationships between individual responsibility for health, spiritual development, stress management, nutrition and physical activity Aim of this study is the effect of empowerment on nurses' health-promoting lifestyle.

Methods: This is a quasi-experimental study with pre-test and post-test. 100 nurses sampling and divided into intervention and control groups randomly. Nurses are randomly selected. Educational content prepared based on pre-test results and Training was conducted via text message and creates a channel in the telegram as a healthy lifestyle for two weeks for the intervention group. Data were collected by demographic and health-promoting lifestyle questionnaire, knowledge, attitudes, self-efficacy, self-esteem and self-control takes place. The tests were analyzed after 6 weeks.

Results: The e-learning intervention had the effect of significantly increasing nurses' post intervention Health-Promoting Lifestyle Profile total scores. No significant changes were observed in the post intervention scores of the control group subjects.