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## Donors and Donation

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# Investigating the motivation of voluntary blood donors In Kermanshah

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## Background

Blood transfusion is one of the vital factors in saving patients' lives. Due to the increasing need for blood and its products, the community needs adequate blood and healthy blood transfusion volunteers. The purpose of this study was to investigate the motivation of blood donors in Kermanshah in 2017.

## Methods

This cross sectional study was performed on 100 blood donors in Kermanshah transfusion centers in the fall of 2017. Sampling was done as available individuals on randomly selected days. The data collection tool was a demographic questionnaire and 20 questionnaires on blood donation motivation. Data were analyzed by descriptive statistics, averages, chi-square and SPSS version 24 software.

## Results

In this study 78 men (78%) and 22 women (22%) participated. The most common causes of blood donation were altruism (80%), positive effects of blood donation on health (71%) and blood tests (75%). Among the short-term effects of feeling usefulness, consciousness, cheerfulness and mental relaxation, there was a higher prevalence among long-term effects, increased labor power, improved physical condition, and decreased neuropsychiatric pressure.

## Conclusions

The most important motive for donating blood was altruism, positive blood donation and blood tests. The main effects were mental relaxation, aesthetics and cheerfulness.

## Key words

Blood donation, Motivation, Blood transfusion

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