Title: Investigation of Breast Cancer screening Behaviors using the stage of change model and it's relationship with psycho-cognitive factors in Isfahan female Teachers

Abstract: Introduction: Breast Cancer is the most common type of cancer and is the second leading cause of cancer deaths in women. Breast Cancer Screening behaviors are critical roles in early detection and decreasing of its mortality. Stages of Change Model and Health Belief Model are two the most common models have been applied in Breast Cancer Screening behaviors. The aim of the current study was to investigate on breast cancer screening Behaviors basis on stage of change model and its relationship with psycho-cognitive factors in Isfahan female Teachers.

Methods: Thorough Clustered sampling method, 392 teachers were recruited in a descriptive-analytic study (Cross-Sectional). Breast cancer screening behaviors determined by using the Rakoweski stage of change measure, which categorized stage of change to: Pre-contemplation, Contemplation, Action, Maintenance and Relapse. Psycho-cognitive factors were determined by Persian version of Champion's Health Belief Model scale (CHBMS). Data were analyzed by descriptive statistical tests and One-Way ANOVA tests.

Findings: The subjects mean age and SD was 41.9±6.1 years. According to stages of change distributions for BSE 15.8% were in precontemplation, 32.1% in contemplation, 17.6% in action, 27.8% in maintenance and 6.6% in relapse stage. For mammography screening behavior 22.5%, 31.5%, 22.7%, 17.6% and 6.6% were in the stages of Precontemplation, Contemplation, Action, Maintenance and Relapse stage, respectively. ANOVA test showed significant difference between stages of change and perceived benefits with BSE (p=0.04) and mammography (p=0.02) and motivation for health (p=0.001).

Conclusion: The Findings indicated that higher perceived benefits and motivation for health are the best predictors for BSE and Mammography performance (action and maintenance stages). Hence, it is recommended that with implementing appropriate educational programs with focus on benefits of BSE and Mammography in early detection of Breast Cancer. Additionally creating positive motivation for health among women, increase their adherence and transition into action and maintenance stages.

Presentation: Oral