Title: Health beliefs and intention for Breast self-examination among health Volunteers of Zarandieh Iran: A test of Perceived Benefits and Barriers

Authors: Mahmood Karimi * Rahimeh Baiati** Mohsen Shamsi*Mehdi Jalali**Vahid Baiat

Abstract: Background & Aim: Despite advances in screening and treatment during the past several decades, breast cancer remains a major health problem for women and as many women have never had Papanicolaou smear, or are not tested regularly. BSE is an important screening practice for early diagnosis of breast cancer and much cancer is diagnosed by women themselves during self-examination. This study was carried out with the aim of determining Relationship of Breast self-examination with Self-esteem and Perceived Benefits/Barriers of Self-efficacy among Health Volunteers of Zarandieh city.

Materials and Methods: This was a cross-sectional study and 106 health liaisons of Zarandieh city were involved. Data were collected using a multi-section questionnaire including demographic characteristics, Self-esteem, Perceived Benefits/Barriers of Self-efficacy and Breast self-examination behavior. The data analysis was performed by SPSS software.

Results: The rate of breast self-examination was 19 percent. Perceived benefits score among the patients was 46 percent and perceived barriers score was 83 percent and fear of the test results were the main barriers of self-examination. Regression analysis showed that age, Education level, self-esteem and Perceived Benefits/Barriers, self-efficacy, all together explain 38.5% of breast self-examination variance and among them, perceived barriers and self-esteem, was the most important predicting factor.

Conclusion: The results of this study showed the relationship of Perceived Benefits/Barriers, self-efficacy and self-esteem with breast self-examination. It is suggested that the findings of present study be used as a basis for interventions designed to enhance better performance in the concerned area.

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