### Title: Comparing of health education methods on promoting breast self examination (BSE)

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**Abstract:**

**Background:** Breast cancer is the most prevalent cancer among women. One out of every seven women is expected to develop breast cancer. Early diagnosis has an effective role in treatment. Breast self Examination (BSE) is an important method for breast cancer screening. If women are educated about this simple program, they can find malignant tumors in 90% of the cases.

**Materials and Methods:** In these studies, 90 women over 40 years were organized in three groups. First group (30 women) was selected as the control group and two groups separately have been educated with group discussion method and the other one with combination of methods (Lecture, film, face to face). Data collection tools were questionnaire consisted of demographic information, KAP (knowledge, attitude, and practice) questions, and a checklist for performing BSE.

**Results:** This research indicated that education by both methods (group discussion and combination) raises the level of Knowledge, attitude, and practice in ladies (t-test P=0.000). Also, analysis of variances indicated that KAP level had a significant difference comparing with post test between educated groups and control group (P=0.000). There were no significant correlation between demographic characteristics and level of KAP.

**Conclusion:** Considering the findings about the effect of instruction, using each of the existing facilities such as individual education as well as audio-visual methods in health care centers are useful.

**Key Words:** BSE (Breast Self Examination); Health education; Screening; Knowledge; Attitude; Practice

**Presentation:** Poster