Title: A Review of Studies on the Effectiveness of Health Education Interventions to Improve BSE Behavior in Women

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Abstract: Abstract
Background and objectives
Breast cancer is the most well-known type of cancer and the second cause of mortality among women. To date a lot of training has been done to encourage women to perform breast self-examination aimed early detection of breast cancer. This study aimed reviewing those studies regarding the effectiveness of educational interventions in behavior modification for women in their breast self-examination.

Materials and methods
Systematic search was carried out inside the ISI database (SID, MAGIRAN, IRAN MEDEX) to obtain titles and abstracts containing the results of educational interventions related to BSE in women. Among them, articles pertaining to the effectiveness of educational interventions were selected and ultimately examined. Consequently, 14 full-text articles were analyzed.

Results
84.3% of educational programs had been presented as skill training. 64% of educators were health system employees and the remaining 36% included peer groups and the patients’ families. There was high variation with regard to the characteristics of the groups under study such as age, race, educational level and occupation in the above-mentioned studies. In some cases, the immediate families of these patients as the vulnerable group had been trained.

Conclusion
BSE education in the areas of knowledge, attitude and behavior play a major role in increasing the number of early breast cancer detection and treatment. More and effective education are done by nurses and other medical staff compared with that of physicians. It should be mentioned that selecting the appropriate place for education including health centers and work-place ultimately will contribute to greater success.

Key words: breast cancer, breast self-examination, health education, prevention

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