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**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011

**Title:** Study of knowledge and attitude and practice among Zabolian women regard to breast self-examination by using health belief model in 2009

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**Abstract:**
Background and Aim: Breast cancer is the most common cause of cancer related deaths among women worldwide. Recent global cancer statistics indicate rising global incidence of breast cancer and the increase is occurring at a faster rate in population of the developing countries that hither to enjoyed low incidence of the disease. It seems that early breast cancer detection can be followed with better treatment. The aim of this study is to find factors that influence Breast self-examination practice with using of health belief model and highlighting the barrier factors in study group.

Materials and Methods: This was a cross-sectional, descriptive study carried out on 246 women in Zabol who referred to health care centers. We used a questionnaire according to Champion health belief model to get information. Data analysis was carried out using spss statistical analysis software and Descriptive and analytical statistics T test, One Way ANOVA and χ² test and P value was set at ≤0.05.

Results: Knowledge and breast self-examination practice of participant was rather low. They were at a medium level of perception on six health belief model subscales. There was significant differentiate on health belief subscale batwing participant who had knowledge and performed breast self-examination and the participant who did not. There was significant correlation between positive family history of breast cancer and performance for breast self-examination. There was no significant correlation between scholarships and performance for breast self-examination.

Conclusion: We can conclude that good information and correct health perception about a disease and its effect can lead to adequate health behavior and educating all women at risk is the most important health approach.

**Key Words:** Health belief model, Health belief factor, Breast self-examination

**Presentation:** Poster