Title: The effect of training based on Health Belief Model on Breast Self-Examination among female teachers in Sari-Iran


Abstract: Background: All women at any age are at risk of breast cancer and the risk will increase by aging. Rapid diagnosis of breast cancer and prompt treatment will survive the lives of more than 90 percent of patients. There are definite documents that indicate breast self-examination (BSE) is an effective method for prevention of death, but many women do not perform it regularly based on recommended screening programs.

Materials and Methods: In the quasi experimental study, 644 of teacher were involved. Data were collected by using self administered questionnaire which include demographic characteristic and health belief model scale. the reliability and validity of the questionnair were examined and approved.

Then the training program started using speech methods, group discussion, video presentation and practice program using an artificial model (mulaj). After 2 months of training, the second test was performed using the primary questionnair.

The data analysis was performed by SPSS software.

Results:
Finding indicates that knowledge and susceptibility have strong influences on BSE.

Higher education in female teachers was associated with increasing the rate of knowledge, susceptibility, benefit and seriousness.

In addition, the finding revealed that the mean of knowledge about BSE after educational intervention compare to prior study were significantly increased.

Conclusion:
The education was effective in increasing breast cancer/early screening-related knowledge and modifying beliefs. Finding from this study indicated that knowledge and susceptibility have strong influences of BSE behavior among the female, therefore BSE training programs that emphasize to benefit, cues to action and address perceived barriers are recommended.

breast self examination, teacher, and health belief model.

Presentation: Poster