

عنوان مقاله:

Investigation of Cancer Risk Factors in the Lifestyle of Medical Students at Mashhad University of Medical Sciences

محل انتشار:

یازدهمین کنفرانس بین المللی زنان، زایمان، ناباروری و بهداشت روانی (سال: 1402)

تعداد صفحات اصل مقاله: 19

نویسندگان:

Rasoul Raesi - Department of Nursing, Torbat Jam Faculty of Medical Sciences, Torbat Jam, Iran./PhD in Health Services Management, Mashhad University of Medical Sciences, Mashhad, Iran

Zahra Abbasi Shaye - Mashhad University of Medical Sciences, Mashhad, Iran

Fateme Jabbari noghabi - Medical student, Mashhad University of Medical Sciences, Mashhad, Iran

Zahra mostafavian - Department of Community Medicine, Mashhad Branch, Islamic Azad University, Mashhad, Iran

خلاصه مقاله:

Introduction: Every year, over ۱۰ million new cases of cancer are diagnosed worldwide. Cancers tend to be closely associated with lifestyle. This study aimed to investigate the lifestyle-related cancer risk factors in the medical students of Mashhad University of Medical Sciences. Methods: This descriptive cross-sectional study was performed on ۲۷۰ students of Mashhad University of Medical Sciences in Iran, who were selected by convenience sampling. Data collection was performed with a lifestyle risk factor questionnaire, which was provided to students online. Data were analyzed with the statistical analysis software SPSS-۲۱ using descriptive statistics, Chi-square, and Mann-Whitney tests at the ۰.۰۵ significance level. Results: All participants were in the ۲۲-۲۵ years old age range. About ۲۸% of participants were male and ۷۲% were female. Men showed higher awareness of cancer warning signs than women ( $p=۰.۰۴۶$ ). Women were more active in taking protection measures against chemical substances than men ( $p=۰.۰۴۲$ ). Men were in significantly better condition in terms of the use of hormones than women ( $p=۰.۰۴۸$ ). Married people were also more active in taking protection measures against chemical substances than single people ( $p=۰.۰۴۲$ ). Conclusion: Compared to other lifestyle risk factors for cancer, the surveyed medical students had particularly poor "eating habits" and "solar radiation exposure". About half of the surveyed students had a high level of exposure to sunlight. Therefore, it is highly recommended to implement a program to raise students' awareness of cancer risk factors and promote healthy lifestyles in this population.

کلمات کلیدی:

lifestyle, cancer, risk factors, medical students

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2040499>

