

## عنوان مقاله:

Comparing the Effect of Two Different Methods of Education on Breast Self- Examination: Text Messaging and Lecturing

## محل انتشار:

فصلنامه آموزش بهداشت و ارتقا سلامت, دوره 1, شماره 3 (سال: 1391)

تعداد صفحات اصل مقاله: 13

## نویسندگان:

Afsaneh Aein - M.Sc. Student, Department of Health Education & Health Promotion, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

Minoo Lamyian - Associate Professor, Department of Reproductive Health & Midwifery, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

Ebrahim Hajizadeh - Associate Professor, Department of Biostatistics, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

## خلاصه مقاله:

**Aim:** Using short text messages (SMS) is the easiest and cheapest method of health education programs in order to increase women's knowledge and early detection of diseases. This study was conducted in 2013 in order to compare the educational effect of breast self examination (BSE) by two different methods of SMS and lecturing in female students who work and study in non- medical fields. **Method:** In a quasi-experimental study, 108 twenty- two to thirty year old female students of non- medical fields were chosen by random cluster sampling and then divided into 2 groups. One group was educated by lecturing and the other by SMS. Data collection tool was a questionnaire including demographic, knowledge, attitude and performance sections (KAP) and a check list for direct observation. Collected data were analyzed by SPSS 20 software, using parametric statistical tests (paired T-test) with the significant level of  $p < 0.05$ . **Findings:** After education in both groups, a significant difference was observed in the average scores of KAP ( $p = 0.001$ ). Educating by both lecturing and SMS promoted the level of KAP about BSE ( $p = 0.001$ ). KAP score of doing BS in text message group was higher than the lecture group ( $p = 0.001$ ). SMS was chosen as the best way of BSE education. **Conclusion:** Compared KAP scores about the quality of doing BSE in the SMS group were higher than the lecture group; therefore, it is suggested that this educating method can be used in the health education programs especially in controlling breast cancer and maintaining the level of health among women in the society.

## کلمات کلیدی:

Breast self examination, Lecture method, Text messaging method, Female students

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/753661>



