

عنوان مقاله:

The effect of counselling on breast cancer awareness in Iranian rural women: a randomized controlled clinical trial

محل انتشار:

چهاردهمین کنگره بین المللی سرطان پستان (سال: 1397)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Background: In a community such as Iran where late presentation is predominant and majority of breast cancer patients are diagnosed at advanced stages of disease, there is an urgent need for improving the levels of awareness about breast cancer and its early detection measures. Given rural residents, compared to urban women, are at higher risk for breast cancer late diagnosis due to lower education, income and access to advanced screening technologies, this study was conducted to determine the effect of counseling on breast cancer awareness of Iranian rural women. **Methods:** This randomized clinical trial was conducted on 60 rural women from the Abish Ahmad district, northwest of Iran, 2017. Sampling was conducted using cluster randomized method in which from 20 rural health houses and centers, about one third of them were selected randomly and then from the 6 selected clusters, 3 were randomly allocated as the control group and 3 as the intervention group. Then, using convenience sampling, 30 women between the ages of 40 - 69 were selected from the control group and 30 from the intervention group. For the intervention group, six group counseling sessions were held. Data were gathered using demographic and obstetric characteristics questionnaire and Breast cancer awareness measure. Chi-square, Independent t-test, and ANCOVA by controlling the baseline scores were used to analyze the data. **Results:** After the counseling, the mean score of breast cancer knowledge was significantly higher in the intervention group compared to the control group [Adjusted mean difference: 17.02; Confidence Interval 95%: 15.44 to 18.59, $p < 0.001$]. In this study, the mean score of barriers to breast cancer screening showed significant decrease in the intervention group compared to the control group [AMD: -1.74; 95% CI: -3.12 to -0.36, $p < 0.001$]. After the intervention, frequency of breast checking, showed a significant difference between two groups ($p < 0.001$); but in confidence to notice breast changes, no significant difference was observed between the groups ($p = 0.08$). **Conclusions:** Group counselling had a significant effect on enhancing Iranian rural women's breast cancer awareness except for confidence to notice breast changes.

کلمات کلیدی:

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