

## The effect of educational intervention in doing breast self-examination in women

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**Background:** Breast self-examination (BSE) is an extremely important part of health care for all women in every stage of life. The aim of this study is to survey the application of Theory Planned Behavior (TPB) in doing breast self-examination in women of Fasa City, Fars province, Iran.

**Methods:** A cross-sectional study was carried out to examine the factors affecting breast self-examination in 400 women. Then, quasi-experimental research was carried out on 200 subjects (100 in the experimental and 100 in the control group) in 2018-2019. The educational intervention for the experimental group consisted of eight training sessions. A questionnaire consisting of demographic information, knowledge and TPB constructs were used to measure breast self-examination performance before and 6 months after the intervention. Structures of attitude, subjective norms and perceived behavioral control predicted the intention to do breast self-examination in women.

**Results:** The studied variables predicted 38.7% of behavioral intention. Six months after the intervention, the experimental group showed a significant increase in the knowledge, attitude, perceived behavioral control, subjective norms, intention, and breast self-examination performance compared to the control group.

**Conclusions:** This study showed the effectiveness of the intervention based on the TPB constructs in the adoption of breast self-examination performance in 6 months' post-intervention.

**Keywords:** Breast self-examination (BSE), Theory Planned Behavior (TPB), Subjective Norms, Women.

### Biography

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