Health beliefs regarding to breast self-examination and self-esteem in a sample of Turkish women academics in a university

I. Aydin Avci, H. Kumcagiz, B. Altinel, A. Caloglu, Ondokuz May University, Health School, Samsun, Turkey; Ondokuz May University, Faculty of Education, Samsun, Turkey; Ondokuz May University, Samsun Health School, Samsun, Turkey

Introduction: The purpose of this study was to evaluate health beliefs regarding to BSE and self esteem of female academics in a Turkish university.

Methods: This descriptive study was conducted at various faculties located in Ondokuz May University, Samsun, Turkey, in 2009. The sample consisted of 104 female academics. Data were collected using a self-administered questionnaire with the Turkish version of Champion’s Health Belief Model Scales (HBM) and Coopersmith self-esteem scale. Descriptive statistics, t-test and Mann Whitney u analysis were conducted.

Results: The percentage of participants who regularly performed BSE was 15.5%. Benefits and health motivation related to BSE ranked either first or second, along with self efficacy. Perceived barriers to BSE had the lowest item mean subscale score in academics. Family history of breast cancer of participants affected their susceptibility regarding to breast cancer. 72.6% of female academics have high self-esteem. There is no correlation between health beliefs and self-esteem of female academics.

Conclusions: BSE performance among participants was more likely in women academics who exhibited higher self efficacy and those who perceived fewer barriers related to BSE and mammography. Therefore, it is recommended that in order to increase the rates of regular breast cancer screening, mass health protective programmes based on the HBM should be executed for women.

The knowledge, attitude and behaviours of healthy services vocational students on testicular cancer and testicular self-examination

G.N. Guleser, D. Unalan. Erciyes University, Health Services Vocational College, Kayseri, Turkey

Introduction: Testicular Cancer (TC) is the most frequently occurring cancer and a leading cause of death among young adult males between the ages of 15 and 35 years, and it has increased by 60% in the last 25 years. Awareness of the symptoms of TC is believed to be important to early presentation, and hence, more effective treatment. Although TC is not preventable, it is recommended that young males examine their testicles at least once a month for unusual lumps or swellings. This descriptive study was planned to determine the attitudes and behaviours of health services vocational college students on testicular cancer and testicular self examination (TSE).

Material and Method: This descriptive research was done with a 1/2 sampling method of 93 male students at Erciyes University Health Services Vocational Collage in the 2009–2010 academic year. The response rate was 93%. Data were collected via a questionnaire that was prepared based on information in the literature and under the supervision of specialist. The questionnaire consisted of socio-demographical characteristics, general knowledge on TC and TSE, symptoms of TC, and attitudes towards TC and TSE. Statistical analyses of the data have been carried out by using descriptive characteristics and chi-square analysis.

Results and Discussion: The mean age of the study group was 20.0±4.3 years. Participant students were 18–43 years of age, with 55.9% being in the 18–20 age group. Of the students 59.1% hadn’t heard TC and 71.0% of them were not familiar with TSE. Of them 83.9% had no previous information on TC and 84.9% of them had not received information on TSE before the study. The percentage of those who told they knew how to perform TSE was 16.1% while 11.8% of them have performed TSE before the study. The practice of TSE was not significantly associated with age, level of education, personal history of testicular problems and family history of cancer (p>0.05). Of the students 76.3% stated that they were afraid of TC.

Conclusion: It has been shown that the majority of the students had very poor knowledge on TC and TSE. Although the participants study at the health services vocational college, it is astonishing that they know little about TC and TSE. In light of the results obtained from the study it is suggested that health education activities be planned and carried out for health services vocational college students in order to increase their awareness regarding TC and TSE.

Meta-analysis of self breast examination related studies performed in Turkey between the years 2000 and 2009

A. Ergin, N. Sahin H, F. Sahin M, Z. Yaban S, H. Bektas, Z. Acar. Kocaeli University Vocational School Of Health, Midwifery, Kocaeli, Turkey; Istanbul University Florence Nightingale School of Nursing, Obstetric and Gynaecologic Nursing, Istanbul, Turkey; Osmangazi University Faculty of Medicine, Department of Biostatistics, Eskisehir, Turkey; Kocaeli University Vocational School Of Health, Surgical Nursing, Kocaeli, Turkey

Introduction: Studies performed by researchers in Turkey about self breast examination reports conflicting results.

Aim: The aim of this study was to analyze the studies performed in Turkey about self breast examination and produce a conclusive, reliable and detailed data to shed light on the future studies.

Materials and Methods: Studies related to breast cancer and performed in Turkey between 2000 and 2009 (till the end of September) were retrieved from databases by using key words e.g., breast cancer, breast examination, breast cancer screening and risk factors. Fifty nine studies were gathered from databases and 17 of them (14 journal article and three thesis) were used in meta-analysis to make comparisons. The studies that were considered in meta-analysis were evaluated in terms of the characteristics of the people who were the subjects of the examination, the time of the study, the place of the study, methods used in the study, variables that were examined, criteria for grouping of variables, statistical methods used, presentation of the test results in published or unpublished studies, the conclusions that were drawn at the end.

Results: Evaluation of the distribution of individuals who performed breast self examination and their demographics showed that individuals of age ≥29 had performed 1.02 times less self-breast examination then individuals of age ≥29 (OR=0.98 %CI 0.76_1.28). Similarly, individuals of age <20 had performed 1.43 times less self-breast examination then individuals of age ≥20 (OR=0.70 %CI 0.38_1.31). Married women and women who had a family history of breast cancer had performed more self-breast examination then single women and women who did not have a family history of breast cancer, respectively (OR=1.02 %CI 0.82_1.63; OR=1.16 %CI 0.82_1.63, respectively).

According to the health belief model scales, a 1.7 fold susceptibility (OR=1.70), a 1.34 fold more seriousness perception (OR=1.34), a 3.32 fold health motivation (OR=3.32), a 5.21 fold more self-efficacy/confidence (OR=5.21) and a 2.56 fold self breast examination benefit perception (OR=2.56) were detected in women who performed self breast examination.

Conclusions: NCM (Nursing Care Models) caused an increase in self breast examination by women and, thus, it may be suggested that organization and evaluation of such health-related programmes and consideration of women health perceptions might be useful.