Breast Cancer Preventive Measures among Female Workers at Beni-Suef University: Educational Program Based on Health Belief Model

Abstract

Background: Breast cancer's high incidence and mortality make it a significant global public health issue. Breast cancer affects women in a multifaceted way, affecting every part of their lives both before and after treatment. The Study was conducted to evaluate the effect of an educational program based on health belief model regarding breast cancer preventive measures among female workers at Beni-Suef University. An interventional, quasi-experimental (pre/post-test) research design was used, **Sample:** A purposive sample consisted of 323 of working female was used, **Setting:** The study was conducted on working women at Beni-Suef University, **Tool:** Four data collection tools were used; Structured interviewing questionnaire sheet, women's general knowledge about breast cancer, Health Belief Model Questionnaire, Breast Cancer Preventive Measures Checklist. **Results:** the current study revealed that the percentage of women with satisfactory level of breast cancer knowledge increased from 4% before the intervention to 65.7% after the intervention. The percentage of women with positive beliefs regarding breast cancer and its preventive measures as measured by the health belief model increased from 0.6% before the intervention to 63.2% after the intervention. The percentage of women with adequate practice of breast cancer preventive measures increased from 18.6% before the intervention to 91.6% after program implementation. **Conclusions:** The results of present study revealed that there was marked an improvement in knowledge, health beliefs and practice of studied female worker toward breast cancer compared to pre educational program implementation. **Recommendations:** It is recommended that educational materials and resources, such as brochures and online content about breast cancer prevention and self-examination, must be easily accessible to all employees.

Keywords: Breast Cancer, Preventive Measures, Health Belief Model