

Assess Health Belief Model of Breast Cancer and Its Preventive Measures among Beni-Suef University Female Workers

Abstract

Background: Breast cancer, a disease originating from the breast, is characterized by benign tumors within the breast membrane. The Health Belief model (HBM) addresses perceived disease severity, susceptibility, benefits, barriers, and self-efficacy. Enhancing the HBM by including self-efficacy can better explain individual health behaviors and improve understanding of disease severity and benefits

Aim: The current study was conducted to assess health belief model of breast cancer and its preventive measures among Beni-Suef university female workers.

Subjects and Methods: *Design:* A descriptive design was utilized. *Sample and Settings:* 323 working women at Beni- Suef University. *Tools:* Tool I: A Structured Interviewing Questionnaire Sheet. Tool II: Health Belief Model Questionnaire.

Results: It revealed that for sub-item of health belief model, strongly agreement was reported as; perceived susceptibility (37.8%), perceived seriousness (40.6%), perceived benefits (14.2%), perceived barriers (17.6%), perceived cues to action (18%), and perceived self-efficacy beliefs (16.1%).

Conclusion: Based on the findings of the present study, it can be concluded most of the studied female workers had negative attitude toward all sub-items of health belief model regarding breast cancer, breast self-examination, and breast cancer preventive measures.

Recommendations: Implement an educational program based on health belief model to enhance women's all item of beliefs including susceptibility, seriousness, benefits, barriers, cues to action, and self-efficacy regarding breast cancer and preventive measures.

Keywords: assessment; health belief model; breast cancer; female workers