

## Health beliefs and breast cancer early detection behaviors among female healthcare providers in Tabriz health centers in 2009

Leila Mokhtary, Mahin Baradaran Rezaei, Asgar Mohammadpoor Asl, Mohsen Mousavi, Alireza Nikanfar, Mehri Golchin

*Hematology and Oncology Research Center, Tabriz, Iran, Tabriz University of medical sciences, Iran*

**Background:** Breast cancer is the second common cancer in the world and the most frequent cancer among females that will cause death if it dose not be recognized and cured. In Iran 10/7% of cancers are related to breast cancer. One out of eight Iranian women in 40-55 years old is likely to develop breast cancer. Early detection of breast cancer by screening programs is a useful approach in controlling the disease.

**purpose:**The purpose of this study was to assess the health beliefs and breast cancer early detection behaviors among female healthcare providers in Tabriz health centers.

**Methods:** In this descriptive study, 196 female healthcare providers were selected from 52 health centers by proportional cluster random sampling and their health beliefs and early detection behaviors are assessed by using Champion's Health Belief Model (CHBM) questionnaire. Data analyzed by SPSS software.

**Results:** The mean age of participants was 37/01 (S.D=7/54), and 73/5% of them were married and 45/6% were midwife. 73/2% of participants have performed BSE but only 26/9% of them performed it regularly (monthly), 26/6% of them had a mammogram and 10/7% of them performed clinical breast exam. There was a significant relations between job and BSE performing ( $p<0/001$ ), marital status and BSE ( $p=0/002$ ), age and mammography performing ( $p<0/001$ ), age and CBE ( $p=0/02$ ), job and health beliefs related to BSE barriers ( $p=0/01$ ), job and health beliefs related to BSE self efficacy ( $p<0/001$ ). 56/1% of participants had information about the process of BSE performing, 58/7% of healthcare providers were agreed that doing the mammography can induced to early detection of lamps. Common reason for not performing CBE was fear of probably detection of malignant lamp.

**Discussion:** In spite of good knowledge of health workers about the importance of breast cancer early detection behaviors in compare with other people; the result of this study showed that the rate of performance of BSE, mammogram and CBE is low in Tabriz healthcare providers. So providing educational programs with focus on screening programs is recommended. Also performing mammography in women older than 40 as a routine screening procedure is emphasized.

**Keywords:** breast cancer, early detection behaviors, health beliefs, health care providers, breast self-examination, mammography, clinical breast exam