ORIGINAL ARTICLE

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Effect of an Educational Intervention Based on the Theory of Planned Behavior on behaviors leading to early diagnosis of Breast Cancer among women referred to health care centers in Zahedan in 2013

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Abstract

Background: Brest Cancer is the second reason of death in the world. Early diagnosis of the disease is effective in successful treatment and less metastasis. According to the studies, 5-year survival rate of breast cancer in women with proper diagnosis is 90%. The present study aimed to conduct an educational intervention based on the Theory of Planned Behavior to promote behaviors that lead to the proper diagnosis of breast cancer in Zahedan's women.

Methods: This was an intervention with control. Study population consisted of 140 women who were referred to the clinics of Zahedan and were randomly selected and divided in two groups of intervention (70 persons) and control (70 persons). Data were collected by questionnaire and analyzed using nonparametric statistical tests (Chi square, Mc Nemar, Willcoxon test, Mann-Whitney-U) by SPSS software.

Results: After educational intervention the mean value of knowledge, attitude, and control of perceived behavior, behavioral intention, and adopting screening behaviors increased significantly in the intervention group, while these changes weren't significant in the control group. The mean value of subjective norms did not statistically increase the effect of norms on behavior was mediating by behavioral control, meaning that. Norms affected indirectly on behavior.

Conclusion: Educational intervention based on the Planned Behavior Theory promotes behaviors that lead to the proper diagnosis of breast cancer. It is recommended to apply this theory for improving the screening behaviors.

Keywords: Breast Cancer, Breast Self-Examination, Planned Behavior Theory, Education.