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Predictor factors of health locus of control for breast self-examination based on health belief model

Afsaneh Sahraee: MSc Student of Health Education, Department of Health, Bushehr University of Medical Sciences, Bushehr

Azita Noroozi: Assistant Professor of Health Education, Department of Health, Bushehr University of Medical Sciences, Bushehr

Rahim Tahmasebi: Assistant Professor of Biostatistics, Department of Health, Bushehr University of Medical Sciences, Bushehr

Corresponding Author: Azita Noroozi, a.noroozi@bpums.ac.ir

Background: Breast cancer is one of the most common cancers among women in the world. Aim of this study is determination of predictor factors of health locus of control for breast self-examination based on Health Belief Model.

Materials and Methods: In this cross-sectional study, 391 women selected through the convenience sampling from health centers. Data were collected by Champion's HBM Scale (CHBMS), health locus of control scale and a self administered questionnaire.

Results: The results showed that the perceived susceptibility (P=0/015) and health motivation (P=0/000) predict of internal health locus of control and perceived benefits (P=0/034), health motivation (P=0/026) and awareness (P=0/000) predict of external health locus of control. Perceived seriousness s (P=0/023), perceived barrier (P=0/004), health motivation (P=0/007), and awareness (P=0/034) were predictors of chance health locus of control.

Conclusion: whereas health performance such as breast self examination is the most probably in person with internal health locus of control, therefore increase of health motivation and abstain of more susceptibility for creating of internal health locus of control is necessary.

Keywords: Breast cancer, Health Belief Model (HBM), Health locus of control, Self-examination.

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