ORIGINAL ARTICLE

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Empowerment of women visiting the health centers of Kerman by teaching Self Breast Examination in the presence of Behvarz

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Abstract

Background: Teaching self-empowerment to women for performing Breast Self Examination in the outmost sections of the health services system has an effective role in the early diagnosis, treatment and prevention of breast cancer. In this study empowerment was done by teaching breast self examination to women in the presence of a Behvarz.

Methods: This study was a Community Trial performed by random sampling enrolling 80 women visiting two health centers. The intervention was performed for 40 women themselves and for 40 women with their Behvarz. The tool for information collection was a questionnaire, that was completed before, immediately after and then two months after the intervention. The data was analyzed by paired t-test, independent t-test, McNemar's test, linear regression, and non-parametric tests.

Results: After performing the intervention, empowerment and practice significantly increased in both groups. Among the subthemes of empowerment there was no difference seen between the two groups except for knowledge that was higher immediately after intervention in the group with the presence of the Behvarz and the self-confidence theme that was higher in the group without the presence of the Behvarz.

Conclusion: Self empowerment is low especially among women residing in villages and there is a necessity for continuous education of self-efficacy. However it did not seem like the presence of the Behvarz had a significant role in increasing self empowerment.

Keywords: Self-empowerment, Brest Self Examination, Self-efficacy, Self-confidence.