

Tabriz University of Medical Sciences  
Nursing & Midwifery Faculty

To obtain a Master's degree in midwifery counseling

Title: **Comparison of general health and lifestyle of patients with coronary artery disease in two groups under the age of 45, over 44 years old and their control groups referring to Tabriz University of Medical Sciences &dash; 2018**

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Title: **Effect of Deacision Aid based counseling on the womens breast cancer screening related behaviours: an experimental study**

### Abstract

**Introduction:** Breast cancer is the most common cancer of women worldwide and is the third most common cause of early death or disability among Iranian women. Despite the availability of screening methods for breast cancer, women are less likely to welcome these opportunities. Since, the factors such as the level of awareness and the beliefs and attitudes of individuals about the risk of disease, and in particular the perceived barriers to breast cancer screening, are effective in the adoption of screening behaviors, so we decided to performan the study with the purpose of the assessment of effect of Decision Aid based counseling on the womens breast cancer screening behaviors.

**Methods:** The experimenal study was performed on the 202 women aged40 to 69without history of mammography along tow years ago thorough simpl randomized sampling and were allocated randopmly in to tow groups of intervention and control. Data were collected using a demographic and obstetric questionnaire, a checklist for behavioral change, a breast cancer awareness tool, and breast cancer screening tools before and 8 weeks after the intervention by interviews and analyzed by SPSS24 software. Chi-square, ANCOVA and sequential logistic regression were used.

**Results:** In this study, the two groups did not have a significant difference in terms of demographic and obstetric characteristics ( $p > 0.05$ ). During the 8 weeks after the intervention, there was a significant difference between the two groups in terms of changing the stages of behavior, so that after the intervention, the frequency of those who entered the stage of practice or intended to perform a clinical exam, breast control and mammogrphy was more than the control group ( $p < 0.001$ ). The mean score of awareness after intervention was 66.92(0.67) significantly more than control group 50.6 0 (0.60), ( $p < 0.001$ ). The after intervention mean score of belief about breast cancer screening 32.33(0/35) was significantly higher in the decision-making counseling group than the control group 28/32 (0/35) ( $p < 0.001$ ).

**Conclusion:** Decision-based counseling led to improvement of awareness and women's belief about breast cancer screening, and informed decision making to doing cancer screening. Therefore, it is suggested that counseling based on decision support should be used in health care centers along with educational programs to raise awareness among women in various dimensions related to breast cancer.

**Keywords:** counseling, decision aid, breast cancer screening, breast control, mammography

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