

## Knowledge and Practice of Breast Self-Examination among University Female Students in Jordan: A Cross-Sectional Study

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### ABSTRACT

Breast cancer rates are increasing and represents the most common type among Jordanian women. Early detection is the cornerstone of disease control. This study aimed to assess breast self-examination (BSE) knowledge and practice among undergraduate female students in Jordan. A cross-sectional study design using a convenience sample of 372 undergraduate female students. A modified, self-administered questionnaire covering three parts, the socio-demographic data, knowledge, and practice about BSE was used. Participants mean age was 19.7 years. The overall average knowledge level was 59.3 %. 67.7 % of respondents demonstrated a medium level of knowledge, while only 1.6 % had a good level of knowledge (scored > 79 %). The main sources of information reported by participants include TV & Radio (41.4), Magazines and Brochures (37.9 %). 18 % of the participants claimed they practiced breast self-examination. Students who are older, who study health sciences, in the fourth year, and those who received education about BSE demonstrated better performance than their peers. Students showed moderate knowledge level about BSE, with low practice level. Health education programs targeting young females in schools and universities around the country, and utilizing different sources are needed.

**Keywords:** *breast cancer, BSE, knowledge, practice, undergraduate, female*

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