

Knowledge, Attitude, and Practice of Breast Self-Examination Among Adult Females in Bisha, Saudi Arabia

Abdullah Hassan Alhalafi, MBBS, MD* Saif Mohammed Alqahtani**

ABSTRACT

Objective: This study aims to assess the knowledge, attitude, and practice of BSE among adult females living in Bisha city.

Methods: A cross-sectional study was conducted between May and July 2022 among adult females in Bisha City by using a self-administered questionnaire developed based on similar previous studies.

Results: Four hundred and ninety-nine respondents participated in this study, of which 467 women fulfilled the inclusion criteria (response rate = 93.6 %). The mean age of our sample was 36.3 (SD ± 8.77) years. The cumulative frequency of a good level of awareness was (74.74%). The level of the good attitude toward BSE was (77.09%), unlikely, the good practice was only (49.04%). Only marital status showed a significant association with the high level of knowledge among married women (P= 0.022). Occupational existence is associated with a good level of attitude and practice of BSE (P= 0.025) and (P= 0.044) respectively.

Conclusions: We found a low practice of BSE, most of the participants didn't perform BSE or perform it irregularly. We believe in promoting BSE in our community as a need to raise the practice of BSE among our population in the future.

Keywords: Breast cancer, Breast self-examination, Screening, Saudi Arabia

Bahrain Med Bull 2024; 46 (2): 2002 - 2006

* Department of Community Medicine, College of Medicine
University of Bisha, Saudi Arabia.
E-mail: alhalafi@ub.edu.sa

** Medical Student, College of Medicine, University of Bisha, Saudi Arabia.