

Awareness of Breast Cancer Risk Factors, Symptoms, and Self-Examination Among Jordanian Women

Roua Aldala'een, MSc* Rouba Aqel, BSc** Abdallah Y Naser, PhD* Louai Alsalousmi, PhD*

ABSTRACT

Breast cancer has become the most common form of cancer in women after skin cancer, and its incidence exceeds other cancers. This study aims to assess the level of awareness among Jordanian women regarding breast cancer risk factors and symptoms and the practice of breast self-examination (BSE). Between May and June 2025, an online cross-sectional survey assessed the awareness level among Jordanian females regarding breast cancer self-screening, risk factors and symptoms. Logistic regression analysis was performed to identify factors associated with breast cancer awareness and early detection. A total of 126 participants were involved in this research. The awareness mean score was 50.8 (SD: 14.59), and a good level was reported by 63 participants (50.0%). Notably, individuals aged 41-50 show a significantly higher odds ratio (OR = 7.22, 95% CI: 1.58-32.91, $p = 0.01$) for awareness compared to participants aged 18-30 years. Those involved in the medical field, either as working professionals (OR = 24.04, 95% CI: 2.67-216.46, $p = 0.005$) or students (OR = 3.22, 95% CI: 1.00-10.34, $p = 0.04$), have much higher odds of being aware. Based on the findings of this study, the level of awareness of breast cancer is good, especially in the age group of 41 to 50 years, in addition to an increase in the percentage of awareness among medical staff compared to others. Therefore, more awareness campaigns are needed to increase awareness among all segments of society and all ages that are vulnerable to breast cancer.

Keywords: breast cancer, risk factors, self-screening, Jordan

Bahrain Med Bull 2026; 48 (2): 3073-3078

* Department of Applied Pharmaceutical Sciences and Clinical Pharmacy
Faculty of Pharmacy, Isra University, Amman, Jordan.
Email: ruaaawni1993@hotmail.com

** Faculty of Pharmacy, Mutah University
Karak, Jordan.