

**Name of student: Ng Lai Nar, Lina**

**April 2003**

**Title: Health beliefs and practice of breast self-examination among Chinese women**

**ABSTRACT**

The aim of this cross-sectional, correlational, descriptive study was to examine the relationship between health beliefs and practice of breast self-examination (BSE) among Chinese women in Hong Kong. Data were collected by self-reported questionnaires via a convenience sampling of 58 women from a comprehensive social services center. The Health Belief Model (HBM) was used as the theoretical framework for this study. The study instrument was a translated version of Champion's Revised Health Belief Model Scale (CRHBMS) and Champion's BSE Performance Scale (CBSEPS). Statistically analysis was made on data collected, including means, standard deviations, ranges and percentage. Correlation analysis was carried out on demographic variables, health belief variables to determine their relationship to BSE practice. The main findings indicate that although most of the sample (56.9%, n = 33) had practiced BSE in the past 12 months, only a very low percentage (6.1%, n = 2) had conducted regularly. Perceived benefits, barriers, and confidence were variables that showed statistically significant correlation with frequency of BSE, while perceived benefits, confidence, health motivation and frequency were significant related with the proficiency of BSE. Marital status was the only demographic variable that was weakly relevant to perceived seriousness and health motivation. The results of this study provided valuable information for health professionals to identify specific strategies to help women to develop an optimal set of beliefs about breast cancer and BSE, so as to enhance women's compliance and competence of BSE.