

**Assessment of Knowledge on Breast cancer risk factors and the practice  
of breast self-examination among college educated female  
administrative employees in Fayoum University**

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## Abstract

Breast cancer is the most common cancer among women worldwide and it is the most prevalent cancer among Egyptian women. The very important factor in the prevention of progression of it is increasing the breast cancer awareness.

**Subjects & Methods:** This cross-sectional-descriptive study was conducted on 314 female administrative employees working in Fayoum University from different colleges (medical and non-medical). A specifically designed self-administrated closed ended questionnaire was developed by researchers to measure the knowledge about breast cancer risk factors, knowledge about breast self-examination (BSE), attitude and practice.

**Results:** Out of 314 study participants, the majority (86%) had heard about breast self-examination. Regarding the overall knowledge on breast cancer risk factors there were 8.1% had very good knowledge and there was statistically significant difference according to the work place as the overall knowledge of medical related employees is better than others. There were more than 60% of participants who had either very good or good knowledge on BSE however, only 37.4% of the participants recognized that inspection and palpation together, are the methods of BE. Regarding the attitude toward BSE, 97% of our participants had satisfied attitude. There was a statistically significant difference in attitude between females who were married at any point of time and women who never married. Practicing BSE had a low percentage, about 38% with only 12.6% participants performing BSE regularly.

**Conclusion and recommendations:** most of our participants lacked adequate knowledge about breast cancer risk factors and BSE and the main reason for not performing BSE is the lack of specific training programs. So there is a need for a national education program for females about breast cancer and BSE.

**Key words:** *Breast, Cancer, BSE, Knowledge, Female*