



ISFAHAN UNIVERSITY OF MEDICAL SCIENCES  
COMMUNITY MEDICINE DEPARTMENT

Thesis for obtaining the special degree in  
Community medicine

Title:

**The Trans Theoretical Model, Health belief model and  
Breast cancer screening among Iranian women with a  
family history of  
breast cancer**

Project number: 394130

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**Objective:** This study evaluates compliance of women having a family history of breast cancer with Clinical Breast Exam (CBE) according to stage of Trans Theoretical Model (TTM) and Health Belief Model (HBM).

**Method and material:** In this cross-sectional study, we used Persian version of champion's HBM scale to collect factors associated with TTM stages applied to screening from women 20 years and older. The obtained data were analyzed by SPSS, using descriptive statistics, Chi Square test, Independent T- test and Analysis of Covariance.

**Results:** Final sample size was 162 women. 33% were in action/maintenance stage. Older women, family history of breast cancer in first degree relatives, personal history of breast disease, insurance coverage, and a history of breast self-examination (BSE) were associated with action/maintenance stage. Furthermore, women in action/maintenance stages had significantly fewer perceived barriers in terms of CBE in comparison to women in other stages. There was no significant difference in other HBM subscales scores between various stages of CBE screening behavior.

**Conclusion:** The finding indicates that the rate of women in action/maintenance stage of CBE is low. Also, results show a strong association between perceived barriers and having a regular CBE. These clarifies the necessity of promoting national target programs for breast cancer screening, which should be considered as the first preference for reducing CBE barriers.

**Key word:** Breast cancer, screening, family history, Trans Theoretical Model, Health Belief Model

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