

**Using Formal Health Education Sessions to Increase
Mammography use among women of
Non-English Speaking Backgrounds in
Rockhampton**

By

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ABSTRACT

Although there has been an increasing incidence of breast cancer among Non-English speaking background (NESB) women in many developed countries, existing screening services are being underused by these women. Studies show that the barriers to the accessibility of breast cancer screening by NESB women include their lack of awareness, low level of education, low self-efficacy and lack of social interaction with other women. This study aimed to investigate the knowledge relating to breast cancer and mammography, self-efficacy and barriers to mammography use among NESB women in an Australian regional city before and after their attendance at a health education session. This health education session aimed to increase the awareness and use of mammography among these NESB women. Two widely used behaviour theories, 'Health belief model' and 'Social Cognitive Theory,' were applied as the theoretical framework for this study.

A quasi-experimental study was conducted in which the health education session was used as an intervention. Pre-test and post-test questionnaires were completed by study participants before and after the health education session. Their knowledge of breast cancer and mammography was assessed. In addition, their self-efficacy and barriers to the use of mammography were also analysed.

Results indicated that informal recruitment strategies were more effective with these NESB women. Initially 49 women were recruited. Of these, 23 women (47%) attended the health education session. As data showed tertiary educated and employed women who already had mammogram/s were more likely to attend the session. After attending the health education session, the women's knowledge relating to breast cancer and mammography was improved and the perceived barriers to the use of mammography were reduced. During a three month follow-up period, there was no change of mammogram use by the women. However, the results showed a trend of increased intention to use the mammogram over a period of two

years (41.7%) compared to six months (25.0%). Based on these results, further studies are recommended to explore the beneficial outcomes of health promotion programs targeting NESB women who are not in the workforce or have a low level of education.

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DECLARATION

I declare that the research project entitled, “Using Formal Health Education Sessions to Increase Mammography use among Women of Non-English Speaking Backgrounds in Rockhampton”, submitted for the award Master of Health Science is the result of my own research, except where otherwise acknowledged. This research project (or any part of it) has not been submitted for a higher degree to any other institution.

I also declare that to the best of my knowledge, any assistance I have received presented in this thesis and all sources of information used in this thesis have been acknowledged.

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