

## APPENDIX

**Table 1A:** The distribution of participants' responses to knowledge questions based on percentage.

No	Questions	Percentage of response		
		Not sure	No	Yes
1	Have you heard of BSE before?	66.3	28.8	4.9
2	Do you know that BSE should be done monthly?	42.7	47	10.4
3	Do you know the positions for performing BSE (lying down, standing in front of a mirror, in the shower)?	49.0	34.3	16.7
4	Do you know what to look for during BSE?	47.8	43.5	8.6
5	Do you know that BSE is important in early detection of breast cancer?	69.2	22.2	0.3
6	Do you know that BSE is not the only method for early detection of breast cancer?	44.4	40.3	15.0
7	Do you know the age to start BSE?	27.7	66.9	5.5
8	Do you know when women with regular monthly cycles should perform BSE?	32.3	59.9	7.8
9	Do you know that women should perform BSE on a specific day each month?	39.8	50.1	10.1
10	Do you know that BSE is done only around the breasts?	58.8	30.3	11.0
11	Do you know that women experiencing menopausal symptoms are at higher risk of breast cancer?	50.7	38.6	10.7
12	Do you know that women should perform BSE even if they don't feel any abnormalities?	59.1	30.3	10.7
13	Do you know that the breast should be felt with three fingers and continue without raising the fingers?	46.4	42.1	11.2
14	Do you know that when one breast has a history of cancer, the likelihood of another cancer exists?	58.8	25.9	15.3

BSE: Breast self-examination

**Table 2A:** Distribution of characteristics among individuals who had previously performed self-breast examination.

No.	Questions	NO	%
1.	Age of initiation of breast self-examination?		
	• Less than 19 years	38	48.1
	• 19 years	25	31.7
2.	Timing of breast self examination?		
	• Immediately after menstruation	36	45.6
	• During menstruation	15	19.0
	• Before menstruation	10	12.7
3.	Frequency of self-breast examination?		
	• Monthly	42	53.1
	• Annually	23	29.1
	• Every 6 months	14	17.8
4.	Common symptoms observed during self-breast examination?		
	• Hardness of the breasts (mass)	31	39.2
	• Pain	26	33.0
	• Enlargement of the breasts	11	13.9
5.	Encouraging factors for self-breast examination?		
	• Family history of breast cancer		32
	• Recommendation from healthcare personnel		38.6
	• Influence of electronic or print media		15.9
	• Encouragement from family		7.8
6.	The greatest obstacles to performing self-breast examination for breast cancer?		
	• Concern about breast cancer	106	30.5
	• Feeling embarrassed	86	24.8
	• Having an unfavorable attitude	74	21.3
	• Other difficulties	81	23.3