



BABCOCK
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COLLEGE OF POSTGRADUATE STUDIES

2022/2023 PhD Thesis Abstract

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RT: Effect of Health Education Intervention on Breast Cancer Screening Uptake among Female Nursing Students in Plateau State, Nigeria.

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AB: Breast cancer screening is useful to detect early signs and symptoms of cancer in the breast, thereby reducing related morbidity and mortality. Studies have shown that health professionals such as nurses are essential to the delivery of primary care as well as community-focused government health programs like cancer screening. In addition, they are to serve as role models for patients. Studies have also suggested that instead of instructing practicing nurses, it would be more advantageous to raise awareness of cancer screening, educate on good clinical procedures, and foster a positive attitude about screening among nursing students. This may be achieved through educational interventions which affect cognitive factors and in turn spur positive screening behavior. These interventions have been limited among nursing students in Nigeria despite evidence of poor breast cancer screening. Thus, this study assessed the effect of a health educational intervention on breast cancer screening uptake among female nursing students in selected LGAs in Plateau State, Nigeria.

This was a quasi-experimental study conducted among a population of 300 female students of the two Colleges of Nursing (CoN) in Jos North and South LGAs. A sample size of 50 was derived using the Power formula. Participants were recruited using systematic sampling technique. Participants were grouped per the CoN into an Experimental Group (EG: 50) and Control Group (CG: 50). The EG was engaged in breast cancer education, while CG received

diabetes education for 40 minutes per week for six weeks. A structured and validated questionnaire with Cronbach's alpha coefficients ranging from 0.68 to 0.77 was used for data collection at baseline, after one month and after three months follow-up. A response rate of 100% was achieved in both groups. Data were analyzed using descriptive and inferential (ANOVA) statistics at 5% level of significance. Effect Size (ES) was computed to measure the magnitude of the programme on EG.

Results showed that the mean breast cancer screening uptake scores were 1.00 ± 0.70 , 2.46 ± 0.71 and 2.54 ± 0.68 for EG and were 1.04 ± 0.76 , 1.16 ± 0.74 , 1.26 ± 0.69 for CG at baseline, one-month post-intervention and three-month follow-up respectively. Also, the mean screening uptake scores were significantly different ($F(2, 147) = 77.98$, $p < 0.05$) between baseline and follow-up. Furthermore, the mean uptake scores were significantly different ($p < 0.05$) at one-month post-intervention (1.46, 95% CI: -1.79 to 1.13) and three-month follow-up (1.54, 95% CI: (-1.87 to 1.21) for EG, but were not significantly different ($p > 0.05$) for CG over the period. In addition, the ES of the intervention for EG was medium (0.52).

The study showed that the health education intervention improved the uptake of breast cancer screening among nursing students in the CoN in Plateau State. The study recommended that public health professionals should collaborate with CoNs to continue breast cancer screening education in order to promote positive breast cancer screening behavior in budding nurse practitioners.

Keywords: Breast cancer, Breast cancer Intervention, Breast cancer screening, Health education, Nursing students, Screening uptake

Word Count: 481

Abbreviations: RFN: Researcher's Full Name, RD: Researcher's Department, RS: Researcher's School, RE: Researcher's Email, RAE: Researcher's Alternate Email, RP: Researcher's Phone Contact, RT: Registered Title, MS: Main Supervisor, ME: Main Supervisor's E-mail Address, SP: Main Supervisor's Phone Contact, CS: Co-Supervisor, CE: Co-Supervisor's E-mail Address, CP: Co-Supervisor's Phone Contact, AB: Abstract

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