

# Knowledge of the breast self-examination technique and associated factors in women from rural communities in Guerrero, Mexico

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<b>Registration date</b> 06/02/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 06/02/2025	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Breast cancer is a public health problem and is the main cause of death and disability among women. There is evidence that training in the technique of breast self-examination significantly increases the practice and favours the early detection of cancer. The aim of this study is to measure the impact of an educational intervention about breast self-examination in women from five rural communities in the mountains of Guerrero, Mexico.

### Who can participate?

Women from 20 to 59 years of age

### What does the study involve?

Participants attend an educational workshop on breast self-examination. The same study group will serve as a control group (before) and an intervention group (after). An initial survey will serve as a baseline as a reference for the impact on knowledge about breast self-examination. Follow-up of all participants (final survey) will measure the change in knowledge about breast self-examination.

### What are the possible benefits and risks of participating?

To the extent that the improvement in knowledge is applied to practice, this research will benefit the early detection of breast cancer in women in rural areas. This research does not present any risk to the study population.

### Where is the study run from?

Autonomous University of Guerrero (Mexico)

### When is the study starting and how long is it expected to run for?

March 2024 to September 2025

### Who is funding the study?

Autonomous University of Guerrero (Mexico)

Who is the main contact?

Belén Madeline Sánchez Gervacio, [madegervacio@uagro.mx](mailto:madegervacio@uagro.mx)

## Contact information

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Public

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## Additional identifiers

### Protocol serial number

CISSG-016-2024

## Study information

### Scientific Title

Impact of an educational intervention on breast self-examination in women from rural communities in Guerrero, Mexico: before-after study

## **Acronym**

IEIBSE-UAGro

## **Study objectives**

An educational intervention improves knowledge about the breast self-examination technique in women from rural communities in the mountains of Guerrero, Mexico

## **Ethics approval required**

Ethics approval required

## **Ethics approval(s)**

approved 22/07/2024, Research Committee of Guerrero State Health Services, COFEPRIS Register 18 CI 12 001 048 (Avenida Ruffo Figueroa, No. 6, Colonia Burócratas, Chilpancingo, 39090, Mexico; +52 (0)7474943100; deptoinvestigaciongro@gmail.com), ref: CISSG-016-2024

## **Study design**

Community-based before-after trial

## **Primary study design**

Interventional

## **Study type(s)**

Screening

## **Health condition(s) or problem(s) studied**

Breast cancer

## **Interventions**

This is an educational intervention in five rural communities in the mountains of the state of Guerrero, Mexico. An initial measurement will be made to determine the level of knowledge about breast self-examination in these women. This includes having them participate in a short survey and give their opinion on the content of the educational workshop. After a baseline (before) all women will receive the intervention and a second measurement (after) will evaluate the impact of the educational intervention.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Knowledge about the breast self-examination technique. This variable will be measured by the response to 13 questions based on the technique recommended by the Clinical Practice Guide of the Mexican Social Security Institute for the prevention, screening and timely referral of suspected cases of breast cancer at the first level of care. It evaluates three areas: observation (4 items), palpation (7 items) and periodicity (2 items). It uses a Likert-type response scale where the option always gives 3 points, almost always 2 points, rarely 1 point and never 0 points. It obtains a maximum score of 39 and a minimum of 0. A high level of knowledge corresponds to a score equal to or greater than 26, a medium score of 13 to 25 points and a low score less than or equal to 12 points. This variable will be measured at baseline and 2 months after the end of the intervention in the impact measurement.

### **Key secondary outcome(s)**

Frequency of breast self-examination. This variable will be measured by the response to the question "In the last month, did you self-examine your breasts to detect any health problems?" This variable will be measured at baseline and 2 months after the end of the intervention in the impact measurement.

### **Completion date**

13/09/2025

## **Eligibility**

### **Key inclusion criteria**

1. Women aged 20 to 59 years
2. Give their consent to participate
3. Residents of the participating communities

### **Participant type(s)**

All

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

20 years

### **Upper age limit**

59 years

### **Sex**

Female

### **Key exclusion criteria**

1. Women diagnosed with breast cancer
2. Women with visual, hearing or motor disabilities that prevent them from answering the survey
3. Women with bilateral mastectomies
4. Women who are breastfeeding
5. Pregnant women

### **Date of first enrolment**

15/03/2025

### **Date of final enrolment**

17/05/2025

## **Locations**

### **Countries of recruitment**

Mexico

**Study participating centre**

**Santa Bárbara**

Municipality of Chilpancingo

Mexico

39110

**Study participating centre**

**San Crstobal**

Municipality of Chilpancingo

Mexico

39110

**Study participating centre**

**Santa Rita**

Municipality of Chilpancingo

Mexico

39110

**Study participating centre**

**San Miguel**

Municipality of Chilpancingo

Mexico

39110

**Study participating centre**

**Santa Rosa**

Municipality of Coyuca de Benítez

Mexico

40992

## **Sponsor information**

**Organisation**

Universidad Autónoma de Guerrero

**ROR**

<https://ror.org/054tbkd46>

## **Funder(s)**

### **Funder type**

University/education

### **Funder Name**

Universidad Autónoma de Guerrero

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study will be available upon request from Dr Belén Madeline Sánchez Gervacio ([madegervacio@uagro.mx](mailto:madegervacio@uagro.mx)).

### **IPD sharing plan summary**

Available on request