

Paving the road for early breast cancer presentation

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Impact paragraph

The overall aim of this dissertation is to understand relevant and changeable determinants of BSE behavior in the Indonesian context. Thus, this dissertation provides a need assessment – a primary step to initiate the development of future tailored breast awareness education to stimulate regular BSE and other screening behaviors among Indonesian women. Particularly, this dissertation provides practical recommendations aimed to guide the development of breast cancer education. First, to effectively plan, develop, implement and evaluate breast education, a joint collaboration of relevant key stakeholders identified in this dissertation is needed: The intervention should include the empowerment of women's direct social networks i.e., spouse, family, friends, PKK (Indonesia: *Pembinaan Kesejahteraan Keluarga*, English: Women's Family Welfare Movement) or POSYANDU (Indonesia: *Pos Pelayanan Terpadu*, English: Integrated Service Post), and involving healthcare providers, health policymakers, and behavior change experts.

Second, this dissertation proposes a logic model to analyze health and quality of life problems and their causes and to decide on priorities, which is generated using the PRECEDE (Predisposing, Reinforcing and Enabling Constructs in Ecosystem Diagnosis and Evaluation) model. This logic model provides a guideline for future breast education by targeting behaviors at risk, including:

1. Individual factors: intervening the women failure to identify breast cancer symptoms, to overcome personal and environmental barriers of BSE, not to wait and see if symptoms resolve, to perform a medical examination prior to noticing any symptom, to overcome personal and environmental barriers of the medical examination after onset symptom, not to contract a non-medical treatment, and to perform the medical treatment after diagnosis.

2. Environmental factors:

- a. Targeting women's husband/family/close friend/colleagues to work on reducing lack of social support to perform BSE, lack of social and instrumental support for medical examination after onset symptom, and lack of social and instrumental support to perform the medical treatment after onset symptom.
- b. Targeting healthcare providers and policymakers to work on providing accessible information about breast cancer diagnosis pathways, promoting patients-health care providers communication, training PKK/POSYANDU members about breast cancer and BSE, and eliminating the lack of: information about breast cancer, recommendations to perform breast cancer test to symptomatic women, accessible breast cancer diagnosis facilities and recommendation to perform medical treatment following a breast cancer diagnosis.
- c. Targeting PKK or POSYANDU to work on providing information about breast cancer and BSE and promoting social support to perform BSE.

Further, future breast education may translate the findings into practical application by incorporating the psychosocial determinants which are found to be relevant and changeable into intervention messages. Therefore, breast education in the Indonesian context should focus on promoting breast cancer literacy and BSE information by focusing on strategies to stimulate understanding of BSE benefits and positive attitudes towards BSE. The education should also encompass methods to improve women's self-efficacy/PBC and skill to perform BSE, for example by providing video on how to perform BSE, and the women are asked to practice it and discussed whether they had performed it correctly. Moreover, relevant strategies to overcome the barriers to perform such should also be incorporated. For example, the women are asked to list potential barriers to performing BSE and related and trained

effective strategies to overcome them. Finally, a sustainable breast cancer early detection intervention may be promoted by fostering a theoretically and culturally-based intervention program, with the ultimate aim to reduce breast cancer mortality in Indonesia.

To disseminate the knowledge in this dissertation, conference and scientific publications in high-impact journals have been used. A popular article for laypeople was also published at *The Conversation Indonesia*, which was further circulated among national online news portals, such as *Kompas.com*. Further, the findings were communicated to PKK Kota Surabaya, and further will be disseminated to the Health Office of Kota Surabaya.