

Impact of a Health Education Intervention of Prostate Cancer Awareness Amongst Nigerian Men

Introduction and Objectives: Prostate cancer (PCa) is one of the most common diagnosed cancers amongst Nigerian men, with most patients presenting at advanced stages of the disease. Increased health awareness has been shown to lead to better health-seeking behaviours. We now report on a study done to evaluate the impact of a health educational program about PCa on the knowledge base of Nigerian men and their willingness to undergo screening.

Materials and Methods: Officers of a Para-military organisation were selected for the study. An hour seminar presentation on PCa was given to the participants. The participants were asked to complete a pre- and post- seminar questionnaire.

Results: A total of 111 officers registered for the study. Ninety-four (84.7% of the study population) completed both questionnaires. The mean test scores improved from 14.06% before the seminar to 50.77% after it ($P < 0.05$). Increasing level of education was associated with higher pre-test scores ($P < 0.05$) but not with post-test scores ($P > 0.05$). Furthermore, all male respondents indicated a willingness to undergo a PSA screening test.

Conclusion: The study demonstrates that level of awareness about PCa amongst Nigerian men can be improved after an hour seminar on the topic and can result in a willingness to undergo screen independent of the level of education.