RESULTS

Population Demographics

Our sample was comprised of 269 randomized Vietnamese women and 1 randomized Vietnamese man, ages 19-80. The average age of our participants was 53.96 years old (sd=10.40), with an average of 1.37 children (sd=1.84), having lived an average in the United States for 12.15 years (sd=11.32), with an average of 10.08 years of education (sd=4.44). Most of our clients reported being married (N=147 or 54.44%) and employed full-time (N=84 or 31.11%), while earning less than $25,000 a year (N=160 or 59.26%) and renting (N=112 or 41.48%).As well, the majority of participants, 129 (47.78%), identified Buddhism as their religion. (See Table 1)

The majority of participants also reported “Always” or “Usually” feeling concerned about making a rent/mortgage payment for the past year (N=114 or 54.03%).Additionally, in the past year, the majority of respondents reported not having participated in any community organizations or groups (N=157 or 74.06%). For respondents who did participate in community groups in the past year, churches and temples comprised the majority of specifications provided for this question.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Table 1. Demographics of Study Population** | | |  | |
| Characteristic | | Frequency (%) | | |
| Marital Status | | | | |
| Married  Divorced, Separated, Widowed  Never Married  Don’t Know/Not sure  Refused | | | 148 (54.81%)  50 (18.52%)  37 (13.7%)  30 (11.11%)  5 (1.85%) | | |
| Employment Status | | | | |
| Full-time  Part-time  Self-employed  Unemployed  Homemaker  Student  Retired  Unable to work/disabled  Don’t Know/Not Sure  Refused | | | 84 (31.11%)  59 (21.85%)  1 (0.37%)  37 (13.7%)  29 (10.74%)  2 (0.74%)  11 (4.07%)  5 (1.85%)  37 (13.7%)  5 (1.85%) | | |
| Annual Household Income | | | | |
| Less than $25,000  Between $25,000 and $50,000  Between $50,000 and $75,000  More than $75,000  Unsure/Don’t know  Refused | | | 160 (59.26%)  55 (20.37%)  4 (1.48%)  0 (0.00%)  34 (12.59%)  17 (6.3%) | | |
| Living Situation | | | | |
| Own  Rent  Other | | | 78 (36.62%)  112 (52.58%)  23 (10.80%) | | |
| Religion | | | | | |
| Catholic  Buddhist  Protestant  No religion | | | 68 (30.09%)  129 (57.08%)  13 (5.75%)  11 (4.87%) | | | |

**Graph 1. Sample Health-Seeking Sources:**

Population and Personal Risk Assessment: Pre and Post Tests

Prior to the workshop, the majority of respondents who were aware of breast cancer reported Vietnamese women’s risk for breast cancer as High (N=39, 14.83%), and that they had no personal risk at all (N=33, 12.74%) of developing breast cancer. The majority of participants were unsure or did not know about their personal risk before attending the workshop (31.66%). After attending the workshop, 25.56% of participants felt Vietnamese women were at high risk for developing breast cancer. Personal risk of developing breast cancer was primarily high risk (22.73%) and little risk (22.35%). (See Graph 2)

**Graph 2. Perception of breast cancer risk pre and post test**

Self-Examination and Mammogram Intention Pre and Post Test

Prior to the workshop, the majority of respondents who were aware of breast cancer reported intention to perform a self-examination in the next month (N=129, 65.15%). Following a doctor recommendation, 61% of participants said they would obtain a mammogram in their pre-test, while 82.58% of participants said they would obtain a mammogram following doctor recommendation in the post-test.

**Graph 3. Behavioral Intent Pre and Post Tests**

Attitudes around Self-examination Pre and Post Test

Prior to the workshop 66.54% (N=175) of study participants had heard of a breast self-exam. Of the participants who were aware of a breast self-exam, 56% (N=98) felt the self-examination should be performed once every month, while 19.43% (N=34) of participants felt the exam needed to be performed once a year. After the workshop, 96.55% of the same participants felt the exam should be performed every month. The majority of study participants who were aware of a breast self-exam reported **not** performing a breast self-exam in the month prior (N=100, 58.48%), indicating a need in the community beyond knowledge of BSEs.

Confidence in performing a breast self-exam increased among those who had heard of a breast self-exam (16.23%). Among those who had not (N=37) there was a 55.78% increase in confidence.

These results suggest that the workshops had an effect on participants’ attitudes around breast self-examination. Specifically, these results suggest that exposure to the breast cancer workshop **increased**positive attitudes about self-examination for workshop participants.