

Table 1. The absolute and relative frequency of demographic variables of participants in the research (248 participants)

Demographic variables	No.	%
Education		
Elementary and secondary school	94	37.9
High school and diploma	89	35.9
Above diploma and university	65	26.2
Occupation		
Housewife	214	86.3
Employee	16	6.5
Manual worker	4	1.6
Non-governmental	14	5.6
Insurance		
Yes	216	87.1
No	32	12.9
Marital status		
Single	10	4.0
Married	230	92.7
Divorced	4	1.6
Widow	4	1.6
Family history of breast diseases		
Yes	21	8.5
No	227	91.5
Family relation		
Grade 1	1	0.4
Grade 2	2	0.8
Grade 3	9	3.6

Table 2. The absolute and relative frequency of breast cancer prevention behaviors by participants in the research (248 participants)

Preventative Behaviors	No.	%
Breast self-examination		
Once a month	18	7.3
Once every six months	10	4.0
Once every year	19	7.7
Sometimes	70	28.2
Never	131	52.8
Breast examination		
Once a year	16	6.5
Once every two year	10	4.0
Once every three year	16	6.5
Once every five year	20	8.1
Never	186	75.0
Physical activity		
Always	11	4.4
Most of the time	44	17.7
Sometimes	103	41.5
Very little	63	25.4
Never	27	10.9
Eating fruit		
Never	18	7.3
Less than two servings	132	53.2
Two servings or more	98	39.5
Eating vegetable		
Never	40	16.1
Less than three servings	172	69.4
Three servings or more	36	14.5
Eating oil		
Only solid or semi-solid oil	70	28.2
Only liquid herbal	76	30.6
A combination of solid, semisolid and liquid oils	102	41.1

Table 3. Linear regression model coefficients for predicting breast cancer prevention behaviors (criterion variable) by knowledge and self-efficacy variables (predictive variables)

Predictive variables	Coefficient β	t	P value	Coefficient of determination R^2
Constant	-2.243	-1.075	0.283	0.67
Self-efficacy	0.209	0.076	0.006	
Awareness	0.184	0.082	0.025	