



Research article

The relationship of socio-demographic characteristics and knowledge of breast cancer on stage of behavioral adoption of breast self-examination

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Appendix

Appendix A. Criteria of the respondents.

Inclusion Criteria Worksheet	
✓ if YES	Inclusion Criteria
	1) Female
	2) Malaysian citizen
	3) Aged between 35 and 70 years old
	4) Understand or read and write in Bahasa Malaysia or English
	5) Living in the Kuantan District
Exclusion Criteria Worksheet	
✓ if YES	Exclusion Criteria
	1) Not Malaysian citizen
	2) Aged less than 35 years or more than 70 years
	3) Cannot understand or read in either Bahasa Malaysia or English
	4) Do not live in Kuantan District

Appendix B. Stage of behavioral adoption of BSE.

Stage	Definition
Pre-contemplation	<p>Never done BSE, and do not intend to do it in the next six months</p> <ul style="list-style-type: none"> - Women at this stage are usually uninformed or underinformed about the consequences of their behavior. Additionally, there are situations in which they tried to make a change but failed multiple times and become demoralized due to their unsuccessful attempt.
Contemplation	<p>Never done BSE, and intend to do it within the next six months</p> <ul style="list-style-type: none"> - At this stage, they start to recognize a problem in their behavior and begin to have a thought and consideration to change their behavior however, may still feel unsure toward changing their behavior.
Preparation	<p>Never done BSE, and intend to do it within the next one month</p> <ul style="list-style-type: none"> - Women are ready to act within a short period of time and they start to make small steps towards the change. At this stage, they believe that by changing their behavior, it will lead to a healthier life.
Action	<p>Regularly done and intend to do it over the years</p> <ul style="list-style-type: none"> - Women have recently changed their behavior and intend to keep moving forward with the stage.
Maintenance	<p>Regularly done more than six months and still going to do it over the years</p> <ul style="list-style-type: none"> - Women still intend to maintain the behavior and work to maintain their behavior to avoid the relapse stage.
Relapse	<p>Been doing BSE but not going to do it again</p> <ul style="list-style-type: none"> - Women at this stage return to their unhealthy behavior after a certain time because they feel disappointed and frustrated after failing for a certain course of time.



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