EFFECT OF A SPIRITUALLY-GUIDED INTERVENTION ON BREAST HEALTH ATTITUDES
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Purpose
- To examine the influence of a spiritually-guided intervention on breast health attitudes in Afro-Caribbean women (ACW) residing in the South Florida.

Objectives
- To determine breast self-care attitudes in Afro-Caribbean women residing in the Southeastern United States.
- To examine the influence of a spiritually-guided intervention on breast self-care attitudes in ACW.

Statement of the Problem
- There is a gap in scholarly literature pertaining to the role of spirituality and Afro-Caribbean women’s attitude toward breast self-care.

Significance
- Contributes to the advancement of knowledge about health seeking behaviors in Afro-Caribbean women.
- Potential to improve efficacy of health interventions.

Research Questions
- RQ1: To what extent does a spiritually-guided intervention influence self-care attitudes toward breast cancer?
- RQ2: To what extent does level of religious commitment and spiritual well-being influence impetus-in-action toward breast self-care and breast cancer attitudes?
- RQ3: How do you take care of your breasts?

Theoretical Framework
- Nursing As Caring (Boykin and Schoenofer, 2001)
- Orem’s Self-Care Theory (Orem, 1991)
- Spiritually-guided Health Risk Interception (SGHRI) (Marshall, 2010)

Methods
- **Quantitative component**
  - RQ1: Experimental - 3 groups
  - 2 experimental groups (1-video & 1-scripture-based)
  - 1 control group
  - Outcome: breast self-care attitudes
  - RQ2: Correlational
  - Independent variables: level of spiritual well-being and level of religious commitment
  - Dependent Variables: breast self-care attitudes
- **Qualitative component**
  - RQ3: Exploratory
  - 3 Focus groups

Sample
- **Inclusion criteria**: Self-identify as Afro-Caribbean woman aged 30-75 years
  - Living in the United States for at least 1 year
  - Able to provide informed consent
  - Able to speak and read English at the 8th grade level
  - No previous history of breast cancer
- **Sample size**: Priori analyses using G*POWER 3.1 - Medium effect size -108 - Recruited 120; Alpha level (α) set at .05

Instrumentation
- Demographic Questionnaire
- Breast Cancer Knowledge Test
- Cancer Attitude Inventory (Pre/Post-test)
- Religious Commitment Inventory
- Spiritual Well-being Scale

Data Analysis
- **Quantitative**
  - RQ1: Repeated measures ANOVA
  - RQ2: Descriptive, linear and regression techniques
- **Qualitative**
  - RQ3: Inductive content analysis; coding and identifying themes.

Results
- Data transcription and analysis are in progress.