Breast Cancer Literacy Assessment Tool

Awareness

1. Although there are many different names for types of cancers you can get them the same way.
   _____ (1) True   _____ (0) False

2. Breast cancer is ________ disease.
   1. Not a life threatening
   2. Sometimes a life threatening
   3. Always a life threatening

3. If someone hits my breast I will get breast cancer
   _____ (1) True   _____ (0) False

4. The following can lead to getting breast cancer
   1. Wearing a bra that is too tight
   2. Wearing an under wire bra
   3. Not wearing a bra
   4. All of the above
   5. None of the above

5. Women who have large breasts are more likely to get breast cancer than women who have small breasts
   _____ (1) True   _____ (0) False

6. Breastfeeding a baby can protect you from getting breast cancer
   _____ (1) True   _____ (0) False

Knowledge and Screening

7. Who does a breast-self examination?
   1. A woman in her home every month
   2. A health care provider in a clinic or doctor’s office, once a year
   3. An X-ray technician, once a year

8. A breast-self exam should be done
   1. Yearly
   2. Monthly
   3. Weekly
   4. Daily

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9. When doing a breast-self exam I should use
   1. The palm of my hand
   2. The finger pads of the 3 middle fingers
   3. The thumb and pointer finger
   4. Only the pointer finger
   5. Only the thumb

10. Swelling of all or part of a breast (even if no lump is felt) is a possible sign of breast cancer
    _____ (1) True    _____ (0) False

11. Who does a clinical breast examination?
    1. A woman in her home every month
    2. A health care provider in a clinic or doctor’s office, once a year
    3. An X-ray technician, once a year

12. A clinical breast examination should be done
    1. Yearly
    2. Monthly
    3. Weekly
    4. Daily

13. Who does a mammogram?
    1. A woman in her home every month
    2. A health care provider in a clinic or doctor’s office, once a year
    3. An X-ray technician, once a year

14. A mammogram should be done
    1. Yearly
    2. Monthly
    3. Weekly
    4. Daily

15. Which of these commonly used screening practices are the same?
    1. Breast-self examination and clinical breast examination
    2. Clinical breast examination and mammogram
    3. Mammogram and self breast examination
    4. All are the same
    5. None are the same
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16. Which of these statements are true?
1. Breast-self examinations can be done monthly by all women
2. Clinical breast examinations can be done yearly by a health care provider
3. Mammograms can be done yearly beginning at age 40, by an X-ray technician
4. None of these statements are true
5. All of these statements are true

17. A mammogram can cause breast cancer to spread
   _____ (1) True  _____ (0) False

18. You only need to get a mammogram if you have been diagnosed with breast cancer
   _____ (1) True  _____ (0) False

19. Getting a yearly mammogram beginning at age 40 decreases my chances of dying from breast cancer
   _____ (1) True  _____ (0) False

Prevention and Control

20. Getting yearly screenings increases a woman's chance of surviving from breast cancer
    _____ (1) True  _____ (0) False

21. Getting breast cancer screenings does not mean I will not get breast cancer
    _____ (1) True  _____ (0) False

22. If I find a lump under my arm, I should
    1. Keep a watchful eye
    2. Try to lance it
    3. Contact my health care provider

23. My family's breast cancer history or prostate cancer history might mean I should begin getting a mammogram earlier than age 40.
    _____ (1) True  _____ (0) False

24. If one family member has breast cancer, I am at higher risk for getting it
    _____ (1) Agree  _____ (0) Disagree

25. I am at risk for getting breast cancer.
    _____ (1) Agree  _____ (0) Disagree

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26. Women who are severely overweight increase their risk of getting breast cancer
   _____ (1) True  _____ (0) False

27. Women who eat a lot of high fat foods increase their risk of getting breast cancer
   _____ (1) True  _____ (0) False

28. I am confident that I know how to do my own breast-self examination correctly.
   _____ (1) Agree  _____ (0) Disagree

29. I can reduce my chances of getting breast cancer by
   1. Exercising regularly
   2. Eating more fruit and vegetables
   3. Not smoking
   4. Learning about my family history of cancer
   5. All of the above
   6. None of the above

30. I can prevent breast cancer by taking vitamins
   _____ (1) True  _____ (0) False

31. Resources for breast cancer screening are available for women without health insurance
   _____ (1) Yes  _____ (0) No

32. Do you know where you would get the breast cancer screening for women with health insurance?
   _____ (1) Yes  _____ (0) No

33. There are programs for breast cancer screening for a small fee
   _____ (1) True  _____ (0) False

34. I know how to help my family member get in a low cost breast cancer screening program
   _____ (1) True  _____ (0) False