

# Breast Cancer Awareness Measure – English version (B-CAM)

SOCIO-DEMOGRAPHIC INFORMATION				
No	Questions	Option	Code	Comments
1	What is your nationality?	Malaysian	1	Please specify
		Non-Malaysian	2	
		No Reply	98	
		Don't Know	99	
2	What is your ethnicity?	Malay	1	Please specify
		Chinese	2	
		Indian	3	
		Bumiputra Others	4	
		Others	5	
		No Reply	98	
		Don't Know	99	
3	What is your religion?	Islam	1	
		Christianity	2	
		Buddhism	3	
		Hinduism	4	
		Sikhism	5	
		Others	6	
		No Reply	98	
		Don't Know	99	
4	What is your marital status?	Single	1	
		Married	2	
		Divorcee	3	
		Widow	4	
		No Reply	98	
		Don't Know	99	
5	How many household members are there in your house?  <i>(Everyone living in the household, including children)</i>			_____ People
		No Reply	98	
		Don't Know	99	
6	What is your highest education level?	Never schooled	1	
		Never completed primary school	2	
		Completed primary school	3	
		Completed Form 3	4	
		Completed Form 5	5	
		Certificate	6	
		A-Level/STPM/HSC	7	
		Diploma	8	
Bachelor Degree	9			

		Post-graduate	10	
		Others		Please specify
		No Reply	98	
		Don't Know	99	
7	What is your current job status?	Civil servant	1	
		Private sector employee	2	
		Self-employed	3	
		Government retiree	4	
		Private retiree	5	
		Studying and working	6	
		Still studying	7	
		Home maker	8	
		Unemployed	9	
		No Reply	98	
		Don't Know	99	
8	What is your main occupation? <i>(for those who are currently working)</i>  <i>(Please tick the right category and <u>write down the job title</u>)</i>	Manager	1	
		Professionals	2	
		Technicians and associate professionals	3	
		Clerical support workers	4	
		Service and sales workers	5	
		Skilled agricultural, forestry and fishery workers	6	
		Craft and related trades workers	7	
		Plant and machine-operators and assemblers	8	
		Elementary occupations	9	
		Healthcare professional (i.e. doctors, nurses, etc.)	10	
		Not applicable	97	
		No Reply	98	
		Don't Know	99	
9	What is your monthly family income?	Below RM 2, 000	1	
		RM 2, 000 - RM 3, 000	2	
		RM 3, 000 - RM 4, 000	3	
		RM 4, 000 - RM 5, 000	4	
		RM 5, 000 - RM 10, 000	5	
		Above RM 10, 000	6	
		No Reply	98	
		Don't Know	99	

The next few questions are about breast cancer.				
No	Questions	Option	Code	Comments
10	There are many warning signs and symptoms of breast cancer. Please name as many as you can think of:	_____		
		_____		
		_____		
		_____		
		_____		
		No Reply	98	
		Don't Know	99	
The following may or may not be warning signs for breast cancer. We are interested in your opinion:				
11	Do you think a change in the position of your nipple could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
12	Do you think pulling in of your nipple could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
13	Do you think pain in one of your breasts or armpit could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
14	Do you think puckering or dimpling of your breast skin could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
15	Do you think discharge or bleeding from your nipple could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
16	Do you think a lump or thickening in your breast could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
17	Do you think a nipple rash could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
18	Do you think redness of your breast skin could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	

19	Do you think a lump or thickening under your armpit could be a sign of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
20	Do you think changes in the size of your breast or nipple could be signs of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
21	Do you think changes in the shape of your breast or nipple could be signs of breast cancer?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	
The next three questions are about finding changes in your breasts.				
22	How often do you check your breasts?	Rarely or never	1	
		At least once every 6 months	2	
		At least once a month	3	
		At least once a week	4	
		No Reply	98	
		Don't know	99	
23	Are you confident you would notice a change in your breasts? (Tick one option only.)	Not at all confident	1	
		Slightly confident	2	
		Fairly confident	3	
		Very confident	4	
		No Reply	98	
		Don't know	99	
24	Have you ever been to see a doctor about a change you have noticed in one of your breasts? (Tick one option only. Do not prompt.)	No	1	
		Yes	2	
		Never noticed a change in one of my breasts	3	
		No Reply	98	
		Don't know	99	
The next question is about seeking help.				
25	If you found a change in your breasts, how soon would you contact your doctor?			Within _____ weeks
		No Reply	98	
		Don't Know	99	
The next set of questions is about what might stop you from going to the doctor. Sometimes people put off going to see the doctor, even when they have a symptom that they think might be serious. Could you say if any of these might put you off going to the doctor? You may answer 'yes often,' 'yes sometimes', 'no' or 'don't know'.				
26	Too embarrassed to go and see the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
27	Too scared to go and see the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	

28	Worried about wasting the doctor's time	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
29	I find my doctor difficult to talk to	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
30	Difficult to make an appointment with the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
31	Too busy to make time to go to the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
32	Too many other things to worry about	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
33	Difficult to arrange transport to the clinic	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
34	Worrying about what the doctor might find may stop me from going to the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
35	Not feeling confident talking about my symptom with the doctor	No	1	
		Yes, often	2	
		Yes, sometimes	3	
		No Reply	98	
		Don't Know	99	
36	Is there anything else that you can think of that might put you off going to the doctor?			
		No Reply	98	
		Don't Know	99	

The next question is about who you think is most likely to get breast cancer. (Tick one option only)			
37	In the next year, who is most likely to get breast cancer?	A 30 year old woman	1
		A 50 year old woman	2
		A 70 year old woman	3
		A woman of any age	4
		No Reply	98
		Don't Know	99
The next question is about how many women you think will develop breast cancer in their lifetime. (Tick one option only. Do not prompt. Please show the respondent the prompt card associated with this question.)			
38	How many women will develop breast cancer in their lifetime?  (use <b><u>show card</u></b> to illustrate)	1 in 20 women	1
		1 in 30 women	2
		1 in 100 women	3
		1 in 1000 women	4
		No Reply	98
		Don't Know	99
39	There are many factors which might increase the chances of getting breast cancer. Please name as many as you can think of:		
		No Reply	98
		Don't Know	99
The next set of questions is about what might increase the chances of getting breast cancer. How much do you agree that each of these can increase the chance of getting breast cancer?			
40	Having a past history of breast cancer	Strongly disagree	1
		Disagree	2
		Not sure	3
		Agree	4
		Strongly agree	5
		No Reply	98
41	Using HRT (Hormone Replacement Therapy)	Strongly disagree	1
		Disagree	2
		Not sure	3
		Agree	4
		Strongly agree	5
		No Reply	98
42	Drinking more than 1 unit of alcohol a day  (Eg 1 unit: 284 ml bir 3.5% ABV, 88 ml wine 12% ABV)  (use <b><u>show card</u></b> to illustrate)	Strongly disagree	1
		Disagree	2
		Not sure	3
		Agree	4
		Strongly agree	5
		No Reply	98
43	Being overweight (BMI over 25)	Strongly disagree	1
		Disagree	2
		Not sure	3
		Agree	4

		Strongly agree	5	
		No Reply	98	
44	Having a close relative with breast cancer	Strongly disagree	1	
		Disagree	2	
		Not sure	3	
		Agree	4	
		Strongly agree	5	
		No Reply	98	
45	Having children later on in life or not at all <i>("having children later on in life" means having the first full term pregnancy more than 30 years old)</i>	Strongly disagree	1	
		Disagree	2	
		Not sure	3	
		Agree	4	
		Strongly agree	5	
		No Reply	98	
46	Starting your periods at an early age <i>("early age" means less than 12 years old)</i>	Strongly disagree	1	
		Disagree	2	
		Not sure	3	
		Agree	4	
		Strongly agree	5	
		No Reply	98	
47	Having a late menopause <i>("late menopause" means ending your periods at more than 55 years old)</i>	Strongly disagree	1	
		Disagree	2	
		Not sure	3	
		Agree	4	
		Strongly agree	5	
		No Reply	98	
48	Doing less than 30 minutes of moderate physical activity 5 times a week <i>("moderate physical activity" means brisk walking, gardening, house work and domestic chores, active involvement in games and sports with children, walking domestic animals, etc)</i>	Strongly disagree	1	
		Disagree	2	
		Not sure	3	
		Agree	4	
		Strongly agree	5	
		No Reply	98	
The next section is about cancer screening to check whether people may have breast cancer. Firstly, I am interested in whether you have attended screening.				
49	Were your breast examined by trained health professional such as doctors or nurses within one year?	No	1	
		Yes	2	
		Don't rely	98	
		Don't know	99	
50	Have you had a breast cancer screening (mammogram) in the last 2 years?	No	1	
		Yes	2	
		No Reply	98	
		Don't Know	99	