

Background: Breast self-examination (BSE) is aimed at making women familiar with both the appearance and the feel of their breasts and to help women detect any changes in their breasts as early as possible. Measures that would aim at reduction of breast cancer morbidity and mortality rates among women include breast cancer awareness and early screening. To confront the rising epidemic of breast cancer, prevention is the best alternative. Screening, early detection by BSE and health awareness programs are cornerstones.

Objective: The aim of this study was to identify the determinants of breast self-examination behavior among female students of Kampala International University(K.I.U).

Method: A descriptive cross-sectional study design was employed to identify the determinants of breast self-examination behavior among female students of Kampala International University. A total of 146 female students from the university were included in the study using simple random sampling. Structured self-administered questionnaires were used to collect data. Data was later entered into Epiinfo then further analyzed using SPSS .v. 20.

Results: From the assessment done majority of the respondents 74% were in age group 20-29 years, 35.6% were Catholics,69.9% were single and most of the respondents were in their 3rd year of study.79.5%of the respondents were aware about breast self-examination (BSE) and 95.2% reported breast self-examination is important.63% of the respondents knew that BSE helps in early detection of breast cancer. Most of the respondents 85.6% have ever heard about BSE with 33.6% reporting they heard it through the media.67.1% were aware of what to look for while performing BSE.54.8% of the respondents reported that they look for abnormal/unusual discharge from the breast while performing BSE.33.6% of the respondents reported circular motion as the suitable method they use during BSE. Majority of the respondents 69.2% have ever performed BSE while 57.4% did it once in a month 51.4% agreed that BSE is necessary and should be done monthly.

Conclusion: The study revealed that a large number of students have ever heard about BSE and reported its important however few practiced it every month .The respondents attitude was good hence providing adequate information regarding breast health will encourage the females to practice BSE.