

摘要

乳癌是女性最常見的癌症之一，也是女性癌症死亡的主要原因。乳癌的早期發現和治療可以顯著提高存活率和生活品質。乳房攝影是一種使用 X 光檢查乳房組織的方法，可以偵測出乳房中的異常結節或微小鈣化，是目前最有效的乳癌篩檢工具之一。然而，高雄市乳房攝影的篩檢率並不理想。本研究探討高雄市女性對乳房攝影檢查的認知、健康信念及其它影響高雄市女性接受 X 光乳房攝影的相關因素，期盼藉此找出影響高雄市婦女對於乳房攝影服務的採用意圖的因素，以提供衛生政策與醫療院所實施衛教之參考。採用橫斷性研究法，以設籍高雄市的婦女朋友為研究對象，透過問卷調查的實施共回收 250 份有效問卷，採用描述性統計、差異分析皮爾森積差相關係數及複迴歸進行統計分析。樣本中，以 35~44 歲者女性居多，共 75 人(30%)，其次為 45~54 歲者，共 63 人(25.2%)；教育程度以大學為最多，有 146 人(58.4%)，其次為高中職，有 50 人(20%)。樣本中，從來沒有做過乳房攝影的人有 109 人(43.6%)。重要研究結果顯示受試者會因為健康信念的不同而對於乳房攝影服務的採用意圖而有所不同。此外，受試者當中年紀漸長的女性以及有較高自我效能的健康信念，會更有行動力在未來近兩年內採用與接受乳房攝影檢查。高雄市女性人口特性不同，對健康信念模式、行動線索和自我效能認知顯著存在差異。透過研究的執行所獲得的資料，建議高雄市政府衛生局，強化高雄市女性的自我效能感，將有助於增加高雄女性對於乳房攝影篩檢的行為意圖，進而促進早期發現乳癌與提高早期接受治療的機會。

關鍵字：健康信念模式、乳房 X 光攝影、乳癌篩檢

ABSTRACT

Breast cancer is one of the most common cancers among women. It's also the leading cause of cancer death in women. Early detection and adequate treatment of breast cancer can improve survival rates and quality of life. Mammography is a low-dose X-ray examination to check inside the breasts that can detect a variety of breast tumors, cysts, microcalcifications and other lesions, and is currently one of the most effective screenings for breast cancer. However, the rate of mammography screening for women in Kaohsiung City underperformed than other urban cities. This research presents the factors associating with mammographic screening services utilization among women in Kaohsiung City from screening cognition, the health belief model and others. The aim is to identify factors influencing the intention of women in Kaohsiung to utilize mammography services, providing references for health policies and educational implementations by medical institutions. A cross-sectional study was conducted by targeting women registered in Kaohsiung City. A total of 250 valid questionnaires were collected through a questionnaire survey, and statistical analyses were performed using descriptive statistics, one way ANOVA, t test, Pearson correlation, and multiple regression. The survey respondents, the largest group was 75 women ages 35 to 44 years which was 30% of total, followed by 63 women ages 45 to 54 years was 25.2%. The highest education level was college graduates (146 respondents, 58.4%) and followed by high school graduates or vocational school graduates (50 respondents, 20%). There are 109 respondents (43.6%) had never undergone mammography screening. The key finding of the study indicate that participants' intentions to use mammography services vary based on different health beliefs. Additionally, middle aged women and those with higher self-efficacy health beliefs are more likely to adopt and undergo mammography within the next two years. The characteristics of the female population in Kaohsiung City show significant differences in health belief models, cues to action, and perceived self-efficacy. Based on the data obtained from the study, it is recommended that the Department of Health, Kaohsiung City Government strengthen the self-efficacy of women in Kaohsiung, which will help increase their intention to undergo mammography screening, thereby promoting early detection of breast cancer and increasing the chances of early treatment.

Keywords: Health Belief Model, Mammography, Breast Cancer Screening