Results

The results of the present study are presented in the following parts:-

Part I: Socio demographic characteristic of the studied sample, (Tables 1 - 4).

Part II: Women's knowledge regarding breast cancer and mastectomy, (Tables 5 - 12) **.**

Part III: Aspects of quality of life**,** (Tables 9 - 14) & (figure ,1) **.**

Part IV: Statistical relation , (Tables 15 - 19) .

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Part (I): Demographic characteristic of the studied sample, (table 1-4).

Table (1): Distribution of studied sample according to socio demographic characteristics (n=160).

Socio-demographic characteristics	N	%
Age in groups		
25-	12	7.5
35-	53	33.1
45-	55	34.4
>55	40	25.0
Range	25-64	
Mean±SD	48.025±8.420	
Residence		
Urban	79	49.4
Rural	81	50.6
Status		
Married	103	64.4
Single	20	12.5
Widow	37	23.1
Education		
Illiterate	54	33.8
Primary	44	27.5
Secondary	48	30.0
Higher education	14	8.7
Family size		
3	9	5.6
4	47	29.4
More than 4	104	65.0
Job		
Work	44	27.5
House wife	116	72.5
Family income		
Enough	56	35.0
Not enough	104	65.0

Table(1): Shows demographic characteristic of the studied sample, the present study reveals that 34.4% of studied sample ages 44- years. According to type of residence ,50.6% of them from village. According to level of education, 33.8% of them were illiterate and 64.4% of them were married .According to the family size 65% were having more than 4 person . Concerning of job 72.5% were housewives, and 65% of them had not enough income.

Table (2): Distribution of studied sample according to their history from medical record (n=160).

Items	N	%	Chi-square X²	P-value
Age of menarche				
12 -	119	74.4	38.025	0.000
14-	41	25.6		
Regularity of the menstruation				
A regular monthly cycle	87	54.4	76.513	0.000
irregular menstrual cycle	2	1.4		
The menstrual cycle interrupted	71	44.2		
Amount of the blood during menstruation				
Large	7	7.8	101.267	0.000
Moderate	75	83.3		
Few	8	8.9		
Age of menopause				
35- years	2	2.3	75.694	0.000
40- years	18	21.2		
45- years	65	76.5		
Age of first pregnancy				
Less than 20	143	89.4	99.225	0.000
20 -	17	10.6		
Number of pregnancies				
One time	5	3.1	43.300	0.000
Twice	45	28.1		
Three times	51	31.9		
more than 3 times	59	36.9		
Number of abortions				
One	26	16.2	231.600	0.000
Two	10	6.3		
More than two	2	1.2		
No applicable	122	76.3		
Age of last pregnancy				
25-	44	27.5	32.400	0.000
35-	116	72.5		
Type of infant feeding after birth				
Breastfeeding	146	91.2	108.900	0.000
Artificial feeding	14	8.8		
Type of contraception used				
Pills	84	52.5	83.550	0.000
Monthly injection	6	3.8		
Three months injection	25	15.6		
Loope	45	28.1		
Period of used it				
One year	70	43.7	106.950	0.000
For 2 years	75	46.9		
More than 4 years	12	7.5		
Do not used	3	1.9		

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Table (2): Shows that 74.4% of the studied sample had started menstruation at 12 years. 54.4% of them had a regular monthly menstruation. Also 83.3% of them had moderate amount of blood during the menstruation. 76.5% of studied sample had last menstruation at age 45- years. The present study reveals that 89.4% of the women had first pregnancy at age less than 20 years. 31.9% of them had more than 3 times of pregnancies. 76.3% of them had not abortion . 72.5% of studied sample had last pregnancy at age 35- years. 91.2% of them used breast feeding after birth. 52.5% used contraceptive pills and 46.9% of them used it for more than two years.

Table(3): Distribution of the studied sample according to their medical history (n=160).

Items	N	%	Chi-square	
			X^2	P-value
Disease discover				
By accident	132	82.5		
After breast pain	1	0.6	290.250	0.000
Change of the breast or nipple	3	1.9		
After physician examination	24	15.0		
Date of the operation				
less than a month	79	49.4	0.025	0.874
From 1-2 month	81	50.6		
Type of surgical intervention				
Tumor lumpectomy	23	14.4	81.225	0.000
Total mastectomy	137	85.6		
Relatives with breast cancer				
Mother	15	9.4		
Sister	9	5.6		
Aunt	51	31.9	127.000	0.000
Grandmather	6	3.8		
No	79	49.3		

Table (3): Shows that 82.5% of the studied sample discovered the disease by accident. According to type of surgical intervention 85.6% of them had total eradication of the breast. 50.6% of them had the surgery since 1-2 months. 50.7% of them had history of breast cancer among first degree relationship.

Table(4):Distribution of the studied sample according to their physical
health problem after mastectomy (n=160).

Items	Yes	
	N	**%**
Face (paller).	115	71.9
Poor oral hygien (yellow / brown last).	100	62.5
Under weight.	121	75.6
Hair loss.	144	90.0
Hypertension (> 140/90).	64	40.0
Edema of the arm.	157	98.1
Gingiva (Swallen / red / pus).	42	26.3
Tongue mist and shiny.	65	40.6
Chest (Expiratory wheeze).	39	24.4
Infected waund (s).	70	43.8
Conjuctiva moist and pink.	129	80.6
Fever (above 38c).	141	88.1
Palpate / tender lymph nodes	55	34.4

Table (4): Shows that 71.9% of studied sample had face paller.
62.5% of them had poor oral hygiene. 75.6% were under weight, 90% of
studied sample had hair loss. Also 98.1% of them had edema of the arm.
80.6% of studied sample had conjunctiva moist and pink. As 88.1% of
them had fever .

According to research question (No:2) is women knowledge ,attitude and practice are influenced by mastectomy? table(5-7&12- 14) & figure 1.

Part II: Women's knowledge regarding breast cancer and mastectomy .

Table (5): Distribution of studied sample according to their knowledge regarding breast cancer and mastectomy (n=160).

Correct knowledge	N	%	Chi-square X^2	P-value
* Breast cancer meaning				
Malignant disease	160	100.00		
* Factors causing the disease				
Genetic	89	55.6		
Late menopause	1	0.6		
Women don't lactate	4	2.5	220.125	0.000
Obesity	1	0.6		
Don't know	65	40.6		
Signs and symptoms				
Breast tumor	155	96.9	140.625	0.000
Change in breast size	147	91.9	112.225	0.000
Discharge from the breast	102	63.7	12.100	0.001
Shrinking of the breast skin	49	30.6	24.025	0.000
Breast pain	157	98.1	148.225	0.000
Don't know	1	0.6	156.025	0.000
Methods of early detection of the disease				
Breast self-examination	79	49.4	0.025	0.874
Mammogram ray	145	90.6	105.625	0.000
Clinical breast examinations	11	6.9	119.025	0.000
Pathology test	108	67.5	19.600	0.000
I do not know	0	0.0		
The side effects after the mastectomy				
Hair loss due to drugs	3	1.9	136.900	0.000
Fatigue	80	50.0	0.000	1.000
Swelling of the arm	154	96.2	148.225	0.000
Inflammation of the skin	13	8.1	112.225	0.000
The expectations after the mastectomy				
Return or recurrence of the disease	96	60.0		
Re-use the arm swollen	16	10.0	152.100	0.000
Resumption of sexual relations	74	46.2		
Arm exercises can prevent muscle cramps	10	6.2		
Women health needs after mastectomy				
Breast self-examination every month	75	46.9	0.625	0.429
Avoid measuring the blood pressure from the affected arm	128	80.0	57.600	0.000
Wash area of the surgery with warm water	15	9.9	105.625	0.000

* These answer mutual

Table(5): Shows that 100% of the studied sample had correct answer about breast cancer as malignant disease. 55.6% of them listed the factor causing disease as genetic factor .According to the signs and symptoms, 96.9% of studied sample said that they had breast tumor and 91.9% of them had changed in breast size. 90.6% of them detected disease by mammogram x - ray. According to the side effects after mastectomy 96.2% of studied sample said swelling in the arm. 60% of studied sample knowledge about the expectation after mastectomy was recurrence of the disease. According to women health needs after mastectomy 80% said` avoid measuring blood pressure from the affected arm.

Table (6): Total knowledge regarding breast cancer and mastectomy (n=160).

Correct knowledge	Good		Average		Poor		Chi-square	
	No	**%**	**No**	**%**	**No**	**%**	X^2	**P-value**
Total women's knowledge	31	19.4	100	62.5	29	18.1	61.28	<0.001*

Table (6): Shows that 62.5% of studied sample had average knowledge regarding breast cancer and mastectomy.

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Table(7): Distribution of studied sample regarding to their practice of breast self examination (n=160).

Items	Correctly done		Incorrect done		Not done		Chi-square	
	N	%	N	%	N	%	X²	P-value
Stand before mirror look for puckering dimpling or scaling of the skin.	0	0.0	1	0.6	159	99.4	156.025	0.000
Raise the arm over head.	0	0.0	0	0.0	160	100.0		0.000
Use the pads of the second, third and fourth fingers to feel breast firmly.	0	0.0	4	2.5	156	97.5	144.400	0.000
Beginning at the outer edge.	0	0.0	16	10.0	144	90.0	102.400	0.000
Press the feat part of your fingers in circles.	0	0.0	36	22.5	124	77.5	48.400	0.000
Moving circles in small and slowly around the breast.	1	0.6	51	31.9	108	67.5	107.488	0.000
Gradually work to ward the nipple and cover the whole breast.	2	1.2	48	30.0	110	68.8	110.150	0.000
Pay special attention to area between the breast and under arm.	11	6.9	38	23.7	111	69.4	100.363	0.000
Feel for any unusual lump of masses under skin.	13	8.2	37	23.1	110	68.7	95.713	0.000
Gently squeeze the nipple of the breast between lump and index finger to check for any discharge	13	8.1	37	23.1	110	68.8	95.713	0.000

Table (7): Shows studied sample practice regarding to breast self examination was not done toward raise the arm over head followed stand before mirror look for puckering dimpling or scaling of the skin, followed use the pads of the second, third and fourth fingers to feel breast firmly, followed beginning at the outer edge 100%, 99.4%, 97.5%, 90% respectively.

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Table (8): Total practice of studied sample for breast self examination (n=160).

Practices of breast self examination			
		N	%
Unsatisfactory		148	92.5
Satisfactory		12	7.5
Total		160	100
Chi-square	X^2	115.6	
	P-value	<0.001*	

Table (8): Shows that 92.5% of studied sample had unsatisfactory practice of breast self examination.

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According to research question (No:1) How does mastectomy affect the women's quality of life?(Tables 9-14).

Part(III): Aspects of quality of life .

Table (9): Distribution of the studied sample according to their daily living activities (personal hygiene and nutrition) after mastectomy (n=160).

Items	N	%	Chi-square X^2	P-value
Times / week shower				
Once / week	8	5.0		
Twice / week	83	51.9	59.638	0.000
three or more times / week	69	43.1		
Type of bathing				
full bath	16	10.0	102.400	0.000
Partial bath	144	90.0		
Teeth care /day				
one-time	38	23.7		
Twice, morning and night	58	36.3	51.732	0.000
three times	1	0.6		
Nothing	63	39.4		
Number of meals /day				
two meals	71	44.4	79.738	0.000
Three meals	88	55.0		
From four to six meals	1	0.6	155.000	0.000
* Eating healthy food as				
Fresh fruits and vegetables	120	75.0	40.000	0.000
reducing carbohydrates and fat	61	38.1	9.025	0.003
preparing food overalls or olive oil	38	23.7	44.100	0.000
reduction of red meat and eggs	30	18.8	62.500	0.000
eating white meat such as fish and birds	34	21.2	52.900	0.000
Do not know	1	0.6	156.025	0.000
Methods of cooking food				
Food cooked in the oven	19	11.9		
grilled food	13	8.1		
followed a healthy way to reduce food-fried or roasted	117	73.1	198.500	0.000
Do not know	11	6.9		

* This answer not mutual.

Table (9): Shows that 51.9% of the studied sample had taken twice shower per week . 90% of them had taken partial bath. According to washing the teeth 39.4% of them did not wash their teeth. The present study reveals that 55% of studied sample had three meals per day.75% had eaten fresh fruits and vegetables. 73.1% of them followed a healthy way to reduce food fried or roasted.

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Table(10): Distribution of the studied sample according to their daily living activities (exercise, follow up and sleep) (n=160).

Items	N	%	Chi-square X^2	P-value
Kind of sport exercise				
Walk	99	61.9	9.025	0.003
Nothing	61	38.1		
The rate of doing the sport				
Daily	40	25.0		
Day after day	34	21.2		
Twice a week	18	11.3	54.063	0.000
per week	7	4.4		
Nothing	61	38.1		
Time spend in practicing sports (99)				
Less than 15 minutes	17	17.2		
15 - 30 minutes	80	80.8	103.818	0.000
More than 45 minutes	2	2.0		
Treatment				
Regular	152	95.0	273.950	0.000
Irregular	8	5,0		
Follow –up				
Regular	158	98.8	152.100	0.000
Irregular	2	1.2		
The duration of sleep				
From two to four hours	5	3.1		
From four to six hours	87	54.4	69.088	0.000
More than six hours	68	42.5		

Table (10) Shows that 61.9% of the studied sample had walked as kind of sport. 80.8% of them had walked from 15-30 minutes. 95% of studied sample were regular in taking the treatment and 98.8% of them had regular in medical follow- up. 54.4% of them were sleeping from four to six hours.

Table (11): Distribution of studied sample according to their social and spiritual activities after mastectomy (n=160).

Items	Yes	
	N	**%**
The mastectomy affect planning to have children.	35	21.9
Affects the provision of children needs.	153	95.6
Affects the home activities.	156	97.5
Leads to disturbance on marriage life.	103	64.4
Leads to rejection from the husband	98	61.3
Leads to divorce	23	14.4
Affects the financial burden.	158	98.8
Leads to social isolation.	142	88.8
Affects the religious activities.	95	59.4
Leads to no hope of cure.	96	60.0
Gives feeling of uncomfortable .	108	67.5

Table (11) Shows that 95.6% of studied sample could not conduct to usual daily activities for their children. Also 97.5% of them could not conduct to usual daily activities for homes. 64.4% of the studied sample had disturbed in the married life. 61.3% of them had a rejection of the husband. The present study shows that 98.8% of the studied sample had a financial burden. Also 88.8% of them felled with social isolation. 59.4% of women had affected in religious activities.(60%) of them had no hope of cure. Also 67.5% felled uncomfortable.

Table(12): Distribution of studied sample according to their attitude toward their body image after mastectomy (n=160).

Items	Strongly agree		Agree		Disagree		Chi-square	
	N	%	N	%	N	%	X^2	P-value
Lost symbol of femininity and motherhood.	142	88.7	15	9.4	3	1.9	222.463	0.000
Surgical treatment and radiation altering the basic shape of the breast.	81	50.6	75	46.9	4	2.5	68.788	0.000
The side effects of chemotherapy such as hair loss, change the weight of the	79	49.4	77	48.1	4	2.5	68.488	0.000
Will not wear the same clothes I was wearing.	127	79.4	33	20.6	0	0.0	55.225	0.000
Do not feel femininity if I wore night clothes .	109	68.1	44	27.5	7	4.4	99.988	0.000
Must put some thing like the breast under the clothes.	80	50.0	57	35.6	23	14.4	30.838	0.000
Wear attractive Scarf to overcome the problem of hair loss.	79	49.4	48	30.0	33	20.6	20.638	0.000
Can not restore sexual relationship when I want.	86	53.7	27	16.9	47	29.4	33.763	0.000
Sexually affected by losing a breast.	94	58.7	19	11.9	47	29.4	53.863	0.000
Afraid my husband refused.	95	59.4	15	9.4	50	31.2	60.313	0.000
Feel ashamed when someone knows that I have the breast amputated	88	55.0	65	40.6	7	4.4	65.338	0.000

Table (12): Shows that 88.7% of studied sample strongly agree that they lost symbol of femininity and mother hood. 50.6% strongly agree that surgical treatment and radiation altering the basic shape of the breast. 79.4% of them strongly agree that they will not wear the same clothes that were wearing ever. 68.1% of studied sample strongly agree that they did not feel femininity if they wore night clothes. 53.7% of them strongly agree that they could not restore sexual relationship when they wanted. Also 58.7% of women strongly agree that sexually affected by losing abreast. 59.4% of them strongly agree that they were afraid of their husband refused . 55% of them strongly agree that they felled ashamed when some one knows that they had the breast amputated.

Table(13): Distribution of studied sample according to their self reported indicators of stress (n=160).

Items	Often		Sometimes		Rarely		Chi-square	
	N	%	N	%	N	%	X^2	P-value
The neglect of eating.	79	49.4	77	48.1	4	2.5	68.488	0.000
Quick anger.	138	86.3	21	13.1	1	0.6	205.363	0.000
Find it difficult to decide.	72	45.0	86	53.7	2	1.3	75.950	0.000
Avoid people who disagreed with them.	54	33.7	99	61.9	7	4.4	79.363	0.000
Use of sedatives and hypnotics.	68	42.5	29	18.1	63	39.4	16.888	0.000
Go a long time crying on the past.	139	86.9	20	12.5	1	0.6	209.788	0.000
Find difficult to get time to relax.	102	63.8	57	35.6	1	0.6	96.013	0.000
A lack of vigor and energy.	132	82.5	26	16.3	2	1.2	179.450	0.000
Local pain such as (headache - the back pain).	121	75.6	38	23.8	1	0.6	141.613	0.000
Sweating heavy.	9	5.6	123	76.9	28	17.5	139.888	0.000

Table (13): Shows that 49.4% of women often neglected of eating. Also 86.3% of women often quick anger. while 61.9% of women sometimes avoided people who disagreed with them. 86.9% often went along time crying on the past. 63.8% of women often found difficult to get time to relax. Also 82.5% of women often suffered from vigor and energy. Also 75.6 complained of headache and back pain.

Table (14): Total attitude of women toward body image and stress&
tension after mastectomy (n=160).

	Attitude		Chi-square	
	N	%	X^2	P-value
Women's attitude after mastectomy surgery toward body image .				
Positive attitude	51	31.9	21.03	0.00
Negative attitude	109	68.1		
Indicators stress and tension of the women after mastectomy surgery, (there was no mild stress).				
Moderate stress	15	9.4	105.63	0.00
Severe stress	145	90.6		

Table (14): Shows that 68.1% of women had negative attitude toward body image, while 90.6% of women had severe stress and tension after mastectomy surgery.

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Figure (1): according to research question (No. 2):

Is women knowledge, attitude and practice are influenced by mastectomy?

Total correct knowledge, attitude and practice
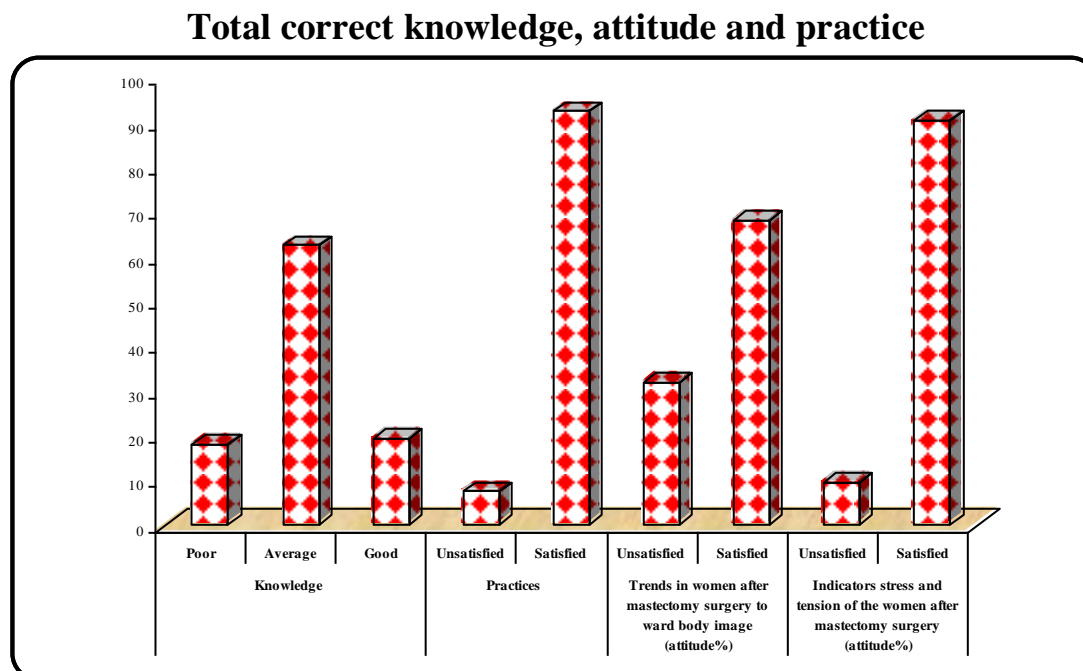
This figure illustrates that 62.5% of women had average knowledge. 92.5% of women had un satisfactory practice of breast self examination. While 68.1% of women had negative attitude toward body image. Also 90.6% of women had sever stress toward stress and tension after mastectomy surgery.

Part IV: Statistical relation:

Table(15): Relation between the women attitude toward body image, breast self examination and level of education (n=160).

Items		illiterate	Primary education	Secondary education	higher education	ANOVA	
						f	P-value
Attitude of women toward body image	Mean	13.07	14.72	18.46	20.21	18.484	0.000
	SD	4.76	4.88	3.34	2.12		
Breast self examination	Mean	16.91	17.11	18.83	20.00	6.085	0.001
	SD	3.72	3.40	2.64	0.00		

Table(15) Shows that there was highly statistical significant relation between high level of education and women attitude toward body image and breast self examination.

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Table(16): Relation between women attitude toward body image, breast self examination and women age (n=160).

Items		25-	35-	45-	>55	ANOVA f	P-value
Attitude of women toward body image	Mean	2.000	1-849	1.727	1.3oo	17.217	0.000
	SD	0.000	0.361	0.449	0.464		
Breast self examination	Mean	13.667	13.434	12.445	11.250	17.735	0.000
	SD	1.435	1.394	1.698	1.481		

Table (16): Shows that there was highly statistical significant relation between women age and attitude toward body image and breast self examination.

Table(17): Relation between women attitude toward body image, breast
self examination and marital status (n=160).

Items		married	Single	Widow	ANOVA	
					F	P-value
Attitude of women toward body image	Mean	18.60	11.75	10.49	104.27	0.00
	SD	3.03	3.54	3.60		
Breast self examination	Mean	18.48	17.75	16.05	8.07	0.00
	SD	2.85	3.48	3.71		

Table(17): Shows that there was highly statistical significant
relation between women marital status and attitude toward body image
and breast self examination.

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Table (18): Relation between residence and women knowledge, attitude, and breast self examination (n=160).

Items	Residence			
	Urban	Rural	T-test	
	Mean ± SD	Mean ± SD	t	P-value
Women Knowledge about breast cancer and mastectomy	12.152 ± 2.797	10.765 ± 1.559	3.885	0.000
Attitude of women toward body image	16.861 ± 4.657	14.901 ± 4.971	2.572	0.011
Breast self examination	18.152 ± 3.203	17.506 ± 3.347	1.246	0.215

Table(18): Shows that there was highly statistical significant relation between women residence and women knowledge about breast cancer and mastectomy and attitude toward body image. This study reveals that there was no statistical significant between level of residence breast self examination for the women on the other breast.

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According to research question (No:3) is there a correlation between women health problems after mastectomy and their quality of life?

Table (19): Correlation between quality of life and women health problem after mastectomy (n=160).

Item	Health problem after mastectomy surgery	
	r	P-value
Quality of life (daily living activities).	-0.569	<0.001*

      Table (19): Shows that there was a highly statistical significant negative correlation between quality of life (daily living activities) and health problem after mastectomy.

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