

**The Modified Thai Version of Champion's Health Belief Model Scale (MT-CHBMS)**

<b>Instruction:</b> For each statement, please indicate how much you agree or disagree with the following statements by putting a check in the box on the right side of each statement. There is no right or wrong answer.	Strongly disagree	disagree	neutral	agree	Strongly agree
	1	2	3	4	5
1. It is extremely likely I will get breast cancer in the future					
2. I feel I will get breast cancer in the future					
3. There is a good possibility I will get breast cancer in the next 10 years					
4. My chances of getting breast cancer are great					
5. I am more likely than the average woman to get breast cancer					
6. The thought of breast cancer scares me					
7. When I think about breast cancer, my heart beats faster					
8. I am afraid to think about breast cancer					
9. Problems I would experience with breast cancer would last a long time					
10. Breast cancer would threaten a relationship with my boyfriend, husband, or partner					
11. If I had breast cancer my whole life would change					
12. If I developed breast cancer, I would not live longer than 5 years					
13. When I do breast self-examination, I feel good about myself					
14. When I complete monthly breast self-examination I don't worry as much about breast cancer					
15. Completing breast self-examination each month will allow me to find lumps early					
16. If I complete breast self-examination monthly during the next year, I will					

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References:

1. Champion, V.L. Revised susceptibility, benefits, and barriers scale for mammography screening. *Res Nurs Health* 1999, 22, 341-348, doi:10.1002/(sici)1098-240x(199908)22:4<341::aid-nur8>3.0.co;2-p.
2. Suriyong, P.; Jiraniramai, S.; Wongpakaran, N.; Pinyopornpanish, K.; Angkurawaranon, C.; Jiraporncharoen, W.; Champion, V.L.; Wongpakaran, T. Translation, Adaptation, and Validation of the Modified Thai Version of Champion's Health Belief Model Scale (MT-CHBMS). *Healthcare (Basel)* **2022**, 11, doi:10.3390/healthcare11010128

decrease my chance of dying from breast cancer					
17. If I complete breast self-examination monthly, I will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs					
18. If I complete monthly breast self-examination it will help me to find a lump which might be cancer before it is detected by a doctor or nurse					
19. When I get a recommended mammogram, I feel good about myself					
20. When I get a mammogram, I don't worry as much about breast cancer					
21. Having a mammogram or x-ray of the breast will help me find lumps early					
22. Having a mammogram or x-ray of the breast will decrease my chances of dying from breast cancer					
23. Having a mammogram or x-ray of the breast will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs					
24. Having a mammogram will help me find a lump before it can be felt by myself or a health professional					
25. I feel funny doing breast self-examination					
26. Doing breast self-examination during the next year will make me worry about breast cancer					
27. Breast self-examination will be embarrassing to me					
28. Doing breast self-examination will take too much time					
29. Doing breast self-examination will be unpleasant					
30. I don't have enough privacy to do breast self-examination					
31. Having a routine mammogram or x-ray of the breast would make me worry about breast cancer					
32. Having a mammogram or x-ray of the					

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breast would be embarrassing					
33. Having a mammogram or x-ray of the breast would take too much time					
34. Having a mammogram or x-ray of the breast would be painful					
35. Having a mammogram or x-ray of the breast would cost too much money					
36. When I get a recommended ultrasound of the breast, I feel good about myself					
37. When I get an ultrasound of the breast, I don't worry as much about breast cancer					
38. Having an ultrasound of the breast will help me find lumps early					
39. Having an ultrasound of the breast will decrease my chances of dying from breast cancer					
40. Having an ultrasound of the breast will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs					
41. Having an ultrasound of the breast will help me find a lump before it can be felt by myself or a health professional					
42. Having a routine ultrasound of the breast would make me worry about breast cancer					
43. Having an ultrasound of the breast would be embarrassing					
44. Having an ultrasound of the breast would take too much time					
45. Having an ultrasound of the breast would be painful					
46. Having an ultrasound of the breast would cost too much money					
47. I know how to perform breast self-examination					
48. I am confident I can perform breast self-examination correctly					
49. If I were to develop breast cancer I would be able to find a lump by performing breast self-examination					
50. I am able to find a breast lump if I practice breast self-examination alone					

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51. I am able to find a breast lump which is the size of a quarter					
52. I am able to find a breast lump which is the size of a dime					
53. I am able to find a breast lump which is the size of a pea					
54. I am sure of the steps to follow for doing breast self-examination					
55. I am able to identify normal and abnormal breast tissue when I do breast self-examination					
56. When looking in the mirror, I can recognize abnormal changes in my breast					
57. I can use the correct part of my fingers when I examine my breasts					
58. I want to discover health problems early					
59. Maintaining good health is extremely important to me					
60. I search for new information to improve my health					
61. I feel it is important to carry out activities which will improve my health					
62. I eat well balanced meals					
63. I exercise at least 3 times a week					
64. I have regular health check-ups even with I am not sick					

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