

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

	Strongly disagree	disagree	neutral	agree	Strongly agree
<b>Instruction: 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.</b>	1	2	3	4	5
<b>SUSCEPTIBILITY</b>					
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.					
<b>SERIOUSNESS</b>					
1. The thought of breast cancer scares me.					
2. When I think about breast cancer, my heart beats faster.					
3. I am afraid to think about breast cancer.					
4. Problems I would experience with breast cancer would last a long time.					
5. Breast cancer would threaten a relationship with my boyfriend, husband, or partner.					
6. If I had breast cancer my whole life would change.					
7. If I developed breast cancer, I would not live longer than 5 years.					
<b>BENEFITS-BREAST SELF-EXAMINATION</b>					
1. When I do breast self-examination I feel					

good about myself.					
2. When I complete monthly breast self-examination I don't worry as much about breast cancer					
3. Completing breast self-examination each month will allow me to find lumps early.					
4. If I complete breast self-examination monthly during the next year I will decrease my chance of dying from breast cancer.					
5. If I complete breast self-examination monthly I will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs.					
6. 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.					
<b>BENEFITS-MAMMOGRAM</b>					
1. When I get a recommended mammogram, I feel good about myself.					
2. When I get a mammogram, I don't worry as much about breast cancer.					
3. Having a mammogram or x-ray of the breast will help me find lumps early.					
4. Having a mammogram or x-ray of the breast will decrease my chances of dying from breast cancer.					
5. Having a mammogram or x-ray of the breast will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs.					
6. Having a mammogram will help me find a lump before it can be felt by myself or a health professional.					
<b>BARRIERS-BREAST SELF-EXAMINATION</b>					
1. I feel funny doing breast self-examination.					
2. Doing breast self-examination during the next year will make me worry about breast cancer.					
3. Breast self-examination will be embarrassing to me.					

4. Doing breast self-examination will take too much time.					
5. Doing breast self-examination will be unpleasant.					
6. I don't have enough privacy to do breast self-examination.					
<b>BARRIERS-MAMMOGRAM</b>					
1. Having a routine mammogram or x-ray of the breast would make me worry about breast cancer.					
2. Having a mammogram or x-ray of the breast would be embarrassing.					
3. Having a mammogram or x-ray of the breast would take too much time.					
4. Having a mammogram or x-ray of the breast would be painful.					
5. Having a mammogram or x-ray of the breast would cost too much money.					
<b>BENEFITS-ULTRASOUND</b>					
1. When I get a recommended ultrasound of the breast, I feel good about myself.					
2. When I get an ultrasound of the breast, I don't worry as much about breast cancer.					
3. Having an ultrasound of the breast will help me find lumps early.					
4. Having an ultrasound of the breast will decrease my chances of dying from breast cancer.					
5. Having an ultrasound of the breast will decrease my chances of requiring radical or disfiguring surgery if breast cancer occurs.					
6. Having an ultrasound of the breast will help me find a lump before it can be felt by myself or a health professional.					
<b>BARRIERS-ULTRASOUND</b>					
1. Having a routine ultrasound of the breast would make me worry about breast cancer.					
2. Having an ultrasound of the breast would be embarrassing.					

3. Having an ultrasound of the breast would take too much time.					
4. Having an ultrasound of the breast would be painful.					
5. Having an ultrasound of the breast would cost too much money.					
<b>CONFIDENCE</b>					
1 I know how to perform breast self-examination.					
2 I am confident I can perform breast self-examination correctly.					
3. If I were to develop breast cancer I would be able to find a lump by performing breast self-examination.					
4. I am able to find a breast lump if I practice breast self-examination alone.					
5. I am able to find a breast lump which is the size of a quarter.					
6. I am able to find a breast lump which is the size of a dime.					
7. I am able to find a breast lump which is the size of a pea.					
8. I am sure of the steps to follow for doing breast self-examination.					
9. I am able to identify normal and abnormal breast tissue when I do breast self-examination.					
10. When looking in the mirror, I can recognize abnormal changes in my breast.					
11 I can use the correct part of my fingers when I examine my breasts.					
<b>HEALTH MOTIVATION</b>					
1. I want to discover health problems early.					
2. Maintaining good health is extremely important to me.					
3. I search for new information to improve my health.					
4. I feel it is important to carry out activities which will improve my health.					
5. I eat well balanced meals.					
6. I exercise at least 3 times a week.					

7. I have regular health check-ups even with I am not sick.					
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