



Project Insight Summary

About

We worked with Black, Latina, and White women in the community to learn what they think about breast cancer screening for women in their 40s.

We asked them to share their thoughts about:

- When to start breast cancer screening
- How often to be screened
- When to think about stopping screening
- The benefits and downsides of screening

What we did

Using information from the women we talked with, we created an educational tool, called a patient decision aid. It includes:

- Information about breast cancer screening
- When to start screening and how often to be screened
- How to make the decision for starting screening
- Stories shared by women from the community

We worked with women in their 40s as we developed the tool, asking their thoughts to improve the language and design of the tool. We made changes to the tool based on their feedback.

We then recruited women online to see if the tool (1) improved women's understanding of breast cancer screening and (2) helped them feel clear about their decision.

They were randomly assigned to review either the tool we created or standard information about breast cancer screening in order to evaluate which of the two was better in helping women make their decision about breast cancer screening.

We asked them about the information they learned as well as what they liked and didn't like.

What we found

We had 284 women participate. 137 reviewed our tool and 147 reviewed the standard breast cancer screening information. Of these women, about 30% identified as Black, 30% identified as Latina, and 40% identified as White.

Knowledge improved for both the women who reviewed the tool and for the women who reviewed the standard breast cancer information.

Women who reviewed the tool we developed were a bit less sure about their screening decision. This may show that women learned more about how they can be involved in the decision for when to start breast cancer screening. Most women did not change their mind about having breast cancer screening in the next year.

Women liked the tool and the standard breast cancer information and found them both to be helpful. Women who viewed the tool found the amount of text and information to be more acceptable than women who viewed the standard breast cancer information.

What this means

These results can help us improve the way we present information to women thinking about breast cancer screening.

What we are going to do next

We are going to make changes to the tool we developed based on the feedback from the women who participated.

We are planning to test how we presented risk information and learn how to improve it.

We plan to make this tool a website and test personalizing the tool. That means that we will ask women to add information about themselves so we can give them information based on their answers.

[I liked the] “Illustrations that helped clarify the info.”

(Participant viewed the standard information)
Participant ID: 1LLm

[I liked] “The open end questions for me to sit down and take some time to really answer them. Putting my health, future, and life in prospective.”

(Participant viewed the tool)
Participant ID: 2wSU

“I found the tool helpful but if you are trying to reach a group of individuals with less than a high school education. It appears to be lengthy and complex.”

(Participant viewed the standard information)
Participant ID: 2WSZ

“It would be much more confusing to me leaving me unable to decide without assistance from my doctor”

(Participant viewed the tool)
Participant ID: 2THP

