Annex I: Research Questionnaire

Title: Knowledge, Attitudes, and Practices Regarding Breast Self-Examination among Female Nursing Students at the University of Dongola, Northern State, Sudan

Investigators: Marwa Adel Khatmi Ornasir; Aya Shaker Amin Tawfeg |
Supervisor: Mr. Ahmed Abdalhady Al-Sisi

Consent statement: This questionnaire is part of a research study on breast self-examination (BSE) among female nursing students at the University of Dongola. Participation is voluntary and anonymous; no names will be recorded and the data will be used for research purposes only. Completing and returning this questionnaire means that you agree to participate.

Instructions: Please answer all questions honestly and tick (✓) the option that best applies to you. Completion time: about 5–10 minutes.

Section One: Socio-demographic Characteristics

#	Question	Response
1	Age in completed years	_____ years
2	Academic year	☐ Year 1 ☐ Year 2 ☐ Year 3 ☐ Year 4
3	Place of residence	☐ Urban ☐ Rural ☐ On-campus hostel
4	Family history of breast cancer (first- or second-degree relative)	☐ Yes ☐ No ☐ Do not know
5	Have you previously received education or training about breast health or BSE?	☐ Yes ☐ No

Section Two: Knowledge

#	Question	Response
6	BSE is a method in which a woman examines her own breasts to detect any abnormality.	☐ True ☐ False ☐ Do not know
7	At what age should a woman start BSE?	☐ 20 years ☐ 30 years ☐ 40 years ☐ After menopause ☐ Do not know
8	How often should BSE be performed?	☐ Daily ☐ Weekly ☐ Monthly ☐ Yearly ☐ Do not know
9	What is the best time in the menstrual cycle to perform BSE?	☐ During menstruation ☐ One week after the end of menstruation ☐ Before menstruation ☐ Any time ☐ Do not know
10	A breast lump, nipple discharge, or a change in the shape or skin of the breast may be a warning sign of breast cancer.	☐ True ☐ False ☐ Do not know

Section Three: Attitude

SA = strongly agree, A = agree, N = neutral, D = disagree, SD = strongly disagree.

#	Statement	SA	A	N	D	SD
11	Regular BSE is important for early detection of breast cancer.	☐	☐	☐	☐	☐
12	All women should perform BSE every month.	☐	☐	☐	☐	☐
13	Performing BSE is embarrassing to me.	☐	☐	☐	☐	☐
14	I feel confident that I can perform BSE correctly.	☐	☐	☐	☐	☐
15	I would seek medical advice immediately if I found an abnormality during BSE.	☐	☐	☐	☐	☐

Section Four: Practice

#	Question	Response
16	Have you ever performed BSE?	☐ Yes ☐ No
17	How often do you perform BSE?	☐ Weekly ☐ Monthly ☐ Occasionally ☐ Rarely ☐ Never
18	When do you usually perform BSE?	☐ One week after the end of menstruation ☐ During menstruation ☐ Before menstruation ☐ Any time ☐ Not applicable
19	Which technique do you use?	☐ Pads of the three middle fingers ☐ Fingertips only ☐ Pressing with the whole palm ☐ Visual inspection only ☐ Do not know the correct technique
20	If you do not perform BSE regularly, what is the main reason?	☐ Do not know how ☐ No time ☐ Fear of finding an abnormality ☐ No symptoms ☐ Embarrassment ☐ Forgetfulness ☐ Other: _____

Thank you for your participation.