

Abstract

Original Article

## Cervical Cancer and Pap Smear Test Health Beliefs and Health-Promoting Lifestyle of Women in Turkey

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### Abstract

**Background:** Cervical cancer is one of the most common cancers in women.

**Objective:** The purpose of this study is to determine women's beliefs regarding cervical cancer and Pap smear test health and whether they engaged in a health-promoting lifestyle.

**Methods:** This descriptive study was conducted on women over 18 years old who were married, sexually active, and not diagnosed with gynecological cancer. Participants in the study were women who applied to the obstetrics and gynecology outpatient clinic of a university hospital in Izmir from December 15<sup>th</sup>, 2014 to February 15<sup>th</sup>, 2015. Two hundred ten women participated in the study. Data were collected using the Demographic and Gynecologic Identification Form, Health Belief Model Scale for Cervical Cancer and the Pap Smear Test and Health-Promoting Lifestyle Profile II.

**Results:** Only 21.9% of the respondents had a Pap test annually. A positive weak relationship was found between subscale of susceptibility to cervical cancer and the Health-Promoting Lifestyle Profile II total score, spiritual growth, interpersonal relations and stress management. A positive relationship was found between health motivation and Pap smear benefit with the Health Promoting Lifestyle Profile II total score and all its subscales. A negative relationship was found between Pap smear barriers and the Health Promoting Lifestyle Profile II total score together with all of its subscales.

**Conclusion:** The intention to have a Pap test is higher and barriers are lower for women who have a health-promoting lifestyle.

**Key words:** cervical cancer, health beliefs, health promotion, pap smear