



Original Article

Knowledge Regarding Cervical Cancer Screening Among Medical and Non-Medical Undergraduates in Peshawar, Pakistan: A Step towards Preventive Healthcare

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ABSTRACT

A major global health concern, cervical cancer primarily affects younger women and those living in less developed areas. Comprehending students' knowledge, attitudes, and practices around cervical cancer screening is essential for future leadership roles in healthcare. **Objectives:** To assess the knowledge, attitude and practices regarding cervical cancer screening among undergraduate medical and non-medical students in Peshawar, Pakistan. **Methods:** A comparative observational cross-sectional study was conducted which lasted eight months. To accomplish a sample size of 474 through non-probability convenient sampling technique was used among undergraduate medical and non-medical students' population from Peshawar. A standardized questionnaire was used for data collection and SPSS version 26.0 was used for data analysis. **Results:** Among the participants, 62.9% acknowledged the significance of cervical screening in the early detection of lesions and 83.1% correctly identified HPV as the principal cause of cervical cancer. There was a general consensus toward early HPV screening (80.4%), and HPV vaccination (80.6%). However, there were clear differences in practice, 14.1% of participants reported smoking, 18.6% reported having pap smears, and 17.9% reported having had the HPV vaccine. **Conclusions:** The medical students were more knowledgeable about cervical cancer screening as compared to the non-medical. It was also concluded that even though the participants didn't participate in many preventive measures, most participants had positive attitudes towards early diagnosis, screening and HPV vaccination.

INTRODUCTION

Cervical cancer is highly preventable among humans and is predominantly found in females below the age of 45, with a notable prevalence among college-aged individuals [1]. Regional variations significantly affect the prevalence of cervical cancer; it is ranked fourth among women and seventh overall globally. Approximately 85% of cases are concentrated in less-developed areas, whereas it constitutes nearly 12% of all female cancer diagnoses [2]. The development of cervical cancer is strongly linked to

Human Papillomavirus (HPV) infection, primarily type 16 and 18. Cervical cancer can be prevented through primary and secondary prevention. Preventing HPV infection constitutes the primary prevention, while cytological screening constitutes secondary prevention. According to the WHO, HPV's DNA detection screening should commence at age 30, followed by regular screenings every five to 10 years [3]. Epidemiological factors contributing to cervical cancer include engaging in sexual activity with

multiple partners, starting sexual activity at a young age, contracting Human Papillomavirus (HPV) infection, experiencing lower genital tract neoplasia, being exposed to someone with cervical neoplasia, having a history of Sexually Transmitted Diseases (STDs), smoking cigarettes, being infected with Human Immunodeficiency Virus (HIV), experiencing other forms of immune system suppression, and long-term use of oral contraceptive pills [4-6]. Cervical cancer presents with symptoms such as irregular vaginal bleeding, pelvic discomfort, bleeding during or after sexual activity and abnormal vaginal discharge [7, 8]. It can be prevented by making efforts towards early detection of precancerous changes through cervical screening and also through administering HPV vaccines. However, numerous obstacles hinder cervical cancer screening particularly in developing nations like ours. This includes limited and underutilized screening resources, insufficient awareness and negative attitudes toward cervical cancer and its risk factors, cultural beliefs, a sense of well-being, social stigma, anxiety about test outcomes, and concerns about marital discord [8]. Research indicates that women with comprehensive knowledge and heightened awareness regarding cervical cancer are more inclined to participate in cervical cancer screening activities [9]. In 2013, Pakistan was ranked seventh in the Cervical Cancer Global Crisis Card for having one of the highest numbers of deaths from cervical cancer. The report stated that over 7,000 women succumb to this disease annually in the country [10]. Similarly, in another study from Lahore, Pakistan it was seen that 70.7% participants had poor knowledge, also 64% had a negative attitude towards cervical cancer screening [11]. After reviewing the literature on the burden of cervical cancer, there emerged a need to explore the knowledge regarding cervical cancer among both medical and non-medical students of Peshawar, Pakistan.

This research aimed to concentrate on students due to their role as future leaders and healthcare professionals, responsible for disseminating awareness about cervical cancer and screening. Assessing their knowledge, attitudes, and practices concerning cervical cancer was deemed essential for this purpose.

METHODS

The research was carried out in Peshawar, Khyber Pakhtunkhwa, Pakistan, using a comparative observational cross-sectional methodology. It was conducted from January 2023 to August 2023, for a total of eight months. By utilizing the Open Epi Sample Size Calculator, the sample size was calculated to be 471 participants with a 97% confidence level, a 5% confidence limit and a 51.6% anticipated frequency [12]. Students from medical and non-medical departments at multiple Peshawar

institutions made up the study population. The research did not include those who voluntarily declined to participate. Prior to involvement, participants were informed of the objectives of the study and requested to provide informed verbal consent. Using the non-probability convenient sampling technique, a standardized questionnaire was employed to collect data. The questionnaire used for data collection was meticulously designed, drawing upon an extensive review of the existing literature and underwent validation by domain experts, resulting in a positive Cronbach's alpha value. Using in-person interviews, the questionnaires were distributed; 474 questionnaires were returned. The Northwest School of Medicine's Institutional Review Board and Ethics Committee approved the study's design (IRB&EC/2022-SM/054) (Issued Date: 12th September, 2022). The participant's knowledge of cervical screening prevention was assessed by assigning zero points for incorrect answers and 1 point for correct answers for all the knowledge, attitude and practice questions. The participants who had scored equal to or more than the median for correct responses were labelled as having adequate knowledge, positive attitude and good practices. While those with correct responses less than the median were labelled as having inadequate knowledge, negative attitude and poor practices [12]. The students from first and second year were grouped into junior years whereas the students from third, fourth and fifth year were grouped into senior years. The data analysis was done with SPSS version 26.0. To analyze the variables, descriptive statistics were used, such as means with standard deviation, frequencies, and percentages. With a significant P-value of 0.05 to identify any significant differences, the link between the responses of medical and non-medical students was examined using the chi-square test.

RESULTS

This study comprised 474 participants, with 264 enrolled in medical programs and 210 in non-medical programs. The average age of the participants was 21.42 years, with a standard deviation of 1.843, ranging from 17 to 27 years. Of the participants, 267 (56.3%) were in their junior years of study, while 207 (43.7%) were in their senior years. Among them, 30 (6.3%) were married, with 13 from the medical field and 17 from non-medical fields as shown in table 1.

Table 1: Demographic Characteristics of the Participants

Variables	Medical N (%)	Non-Medical N (%)	Total N (%)
Participants' Year of Study			
Junior Years	170 (63.7%)	97 (36.3%)	267 (100%)
Senior Years	94 (45.4%)	113 (54.6%)	207 (100%)
Participants' Marital Status			
Single	251 (56.5%)	193 (43.5%)	444 (100%)
Married	13 (43.4%)	17 (56.7%)	30 (100%)
Total	264 (55.7%)	210 (44.3%)	474 (100%)

The study participants were asked about their knowledge

regarding cervical cancer and its screening. A large majority (83.1%) correctly identified Human Papillomavirus (HPV) as the primary cause of cervical cancer (p-Value = 0.000). Among the 474 participants, 166 (35%) were knowledgeable about the various strains of HPV (p-Value = 0.001). Of the participants, about 62.9% acknowledged that cervical screening helps identify precancerous lesions early on (p-Value = 0.055), and 73.4% thought that early identification helped prevent and treat cervical cancer (p-Value = 0.033). Moreover, 64.1% believed that precancerous lesions progress slowly to cervical cancer (p-Value = 0.523). The participants identified having multiple sexual partners as the most perceived risk factor (55.9%), followed by HPV infection (52.1%). Yet, increasing parity was the least perceived risk factor, cited by only 15% of the participants as shown in table 2.

Table 2: Knowledge of the Participants Regarding Cervical Cancer and its Screening

Variables	Medical N (%)	Non-Medical N (%)	Total N (%)	p-Value	χ ² -Value
Is cervical cancer fundamentally caused by the human papillomavirus (hpv)?					
Yes	242 (61.4%)	152 (38.6%)	394 (100%)	0.000	31.009
No	22 (27.5%)	58 (72.5%)	80 (100%)		
Is infection with the human papillomavirus a prevalent sexually transmitted infection?					
Yes	199 (58.2%)	143 (41.8%)	342 (100%)	0.079	3.088
No	65 (49.2%)	67 (50.8%)	132 (100%)		
Do you know about the various HPV strains?					
Yes	76 (45.8%)	90 (54.2%)	166 (100%)	0.001	10.174
No	188 (61%)	120 (39%)	308 (100%)		
Are you aware that early diagnosis of precancerous lesions can be aided by cervical screening?					
Yes	176 (59.1%)	122 (40.9%)	298 (100%)	0.055	3.681
No	88 (50%)	88 (50%)	176 (100%)		
Can cervical cancer prevention and therapy benefit from early diagnosis of precancerous lesions?					
Yes	204 (58.6%)	144 (41.4%)	348 (100%)	0.033	4.538
No	60 (47.6%)	66 (52.4%)	126 (100%)		
Does cervical cancer take a long time to develop from precancerous lesions?					
Yes	166 (54.6%)	138 (45.4%)	304 (100%)	0.523	0.409
No	98 (57.6%)	72 (42.4%)	170 (100%)		
Do you know that Getting Vaccinated Against HPV can stop Cervical Cancer from developing?					
Yes	135 (54.4%)	113 (45.6%)	248 (100%)	0.563	0.335
No	129 (57.1%)	97 (42.9%)	226 (100%)		
Your resource for HPV screening information is?					
Books	30 (50%)	30 (50%)	60 (100%)	0.037	10.196
Social Media	78 (48.8%)	82 (51.2%)	160 (100%)		
Healthcare Workers	86 (60.6%)	56 (39.4%)	142 (100%)		
Friends	35 (55.6%)	28 (44.4%)	63 (100%)		
Newspaper/ Magazines	35 (71.4%)	14 (28.6%)	49 (100%)		

What are the Cervical Cancer risk factors?					
More than one sexual partner	170 (64.2%)	95 (35.8%)	265 (100%)	0.000	54.662
HPV	153 (61.9%)	94 (38.1%)	247 (100%)		
Early sexual activity onset age	71 (52.6%)	64 (47.4%)	135 (100%)		
Increasing Parity	37 (52.1%)	34 (47.9%)	71 (100%)		
Prolonged use of hormonal contraceptives	73 (53.7%)	63 (46.3%)	136 (100%)		
Current or previous sexually transmitted infections	127 (64.8%)	69 (35.2%)	196 (100%)		
Smoking	97 (70.8%)	40 (29.2%)	137 (100%)		

The mean knowledge score was recorded to be 9.68 ± 2.457. Out of 474 participants, 232 (48.9%) had inadequate knowledge about cervical cancer screening, whereas 242 (51.1%) had adequate knowledge about cervical cancer screening. The results also shows that there was significant statistical different found among different age groups and study programs. The findings werew summarized in table 3.

Table 3: Relationship of Adequacy of Knowledge with Demographic Characteristics of Population (Multivariate Analysis)

Variables	Categories	Inadequate Knowledge N (%)	Adequate Knowledge N (%)	Total N (%)	p-Value
Age	17 - 20 Years	76 (45%)	93 (55%)	169 (100%)	0.006
	21 - 23 Years	136 (55.3%)	110 (44.7%)	246 (100%)	
	24 - 27 Years	20 (33.9%)	39 (66.1%)	59 (100%)	
Study Program	Medical	108 (40.9%)	156 (59.1%)	264 (100%)	0.000
	Non-Medical	124 (59%)	86 (41%)	210 (100%)	
Year of study	Junior Year	128 (47.9%)	139 (52.1%)	267 (100%)	0.619
	Senior Year	104 (50.2%)	103 (49.8%)	207 (100%)	
Marital Status	Single	213 (48%)	231 (52%)	444 (100%)	0.103
	Married	19 (63.3%)	11 (36.7%)	30 (100%)	
Total	-	232 (48.9%)	242 (51.1%)	-	-

Presents the participants' attitudes toward cervical screening. A significant majority (80.4%) believed that young women should undergo early screening for HPV (p-Value = 0.000), while 80.6% recommended HPV vaccination for women (p-Value = 0.031) as shown in table 4.

Table 4: Attitude of the Participants towards Cervical Cancer Screening

Variables	Medical N (%)	Non-Medical N (%)	Total N (%)	p-Value	χ ² -Value
Should young women get HPV screenings done earlier, in your opinion?					
Yes	228 (59.8%)	153 (40.2%)	381 (100%)	0.000	13.529
No	36 (38.7%)	57 (61.3%)	93 (100%)		
Would you suggest routine screening to identify precancerous lesions early on?					
Yes	190 (55.7%)	151 (44.3%)	341 (100%)	0.988	0.000
No	74 (55.6%)	59 (44.4%)	133 (100%)		
Do you believe that HPV vaccinations for young women are necessary?					
Yes	222 (58.1%)	160 (41.9%)	382 (100%)	0.031	4.667
No	42 (45.7%)	50 (54.3%)	92 (100%)		

In terms of young women's practices related to cervical cancer prevention, 14.1% of the participants reported smoking (p-Value = 0.000), 18.6% had undergone a pap smear previously (p-Value = 0.032), and 17.9% had received the HPV vaccine (p-Value = 0.077). The findings were mentioned in table 5.

Table 5: Practices of the Participants towards Cervical Cancer Prevention

Variables	Medical N (%)	Non-Medical N (%)	Total N (%)	p-Value	χ ² -Value
Are you a smoker?					
Yes	24 (35.8%)	43 (64.2%)	67 (100%)	0.000	12.492
No	240 (59%)	167 (41%)	407 (100%)		
Have you had a pap test done previously?					
Yes	40 (45.5%)	48 (54.5%)	88 (100%)	0.032	4.594
No	224 (58%)	162 (42%)	386 (100%)		
Do you have an HPV vaccination?					
Yes	40 (47.1%)	45 (52.9%)	85 (100%)	0.077	3.131
No	224 (57.6%)	165 (42.4%)	389 (100%)		

DISCUSSION

Particularly affecting women in prospering and developing nations, cervical cancer is still a major global health concern. With a high morbidity and mortality rate, cervical cancer continues to be a threat to women's health despite advances in medical technology and expanded awareness efforts. With that in mind, the purpose of this study was to assess the knowledge, attitudes, and practices around cervical cancer screening among both medical and non-medical female students in our locality. According to a study by Gismondi M *et al.*, only 28.8% of participants recognized HPV as the risk factor for cervical cancer and that same study reported that 23.5% knew that having multiple sexual partners was another risk factor, which in our study was reported to be known by 55.9% of the participants [13]. However, our study showed that a good percentage (83.1%) of the participants of human papillomavirus as the cause of cervical cancer. Comparably, 72% of participants in a study by Singh J mentioned having several sexual partners as a risk factor for cervical cancer [14]. Taking into account the methods for preventing cervical screening while we reported 17.9% of individuals were vaccinated against HPV, Patel IS *et al.*, stated that just 8% of their subjects had received the vaccination [15]. Padmanabha N *et al.*, stated that 18% of their participants had never heard of vaccine against HPV and 21% were vaccinated [16]. Likewise, only 14.8% of respondents in a different study by Tadesse A reported having good understanding about cervical cancer screening, which is less than with our findings showing 51.1% of respondents had adequate knowledge [17]. We discovered that 14.1% of participants had smoked before and 28.9% of participants acknowledged smoking as a risk factor. Gebregziabher D *et al.*, also showed that 7% of individuals indicated quitting smoking as a preventive

measure against cervical cancer [18]. The low level of knowledge and practice among the study participants was also mentioned in another study conducted in Ethiopia by Endalew DA *et al* [19]. In the current study, 28.7% of participants acknowledged using contraceptive pills as a risk factor, whereas 46% of individuals in a study by Altamimi T [20]. In contrast to the 18.4% of our participants who had had a pap smear, 47% of respondents nationwide in a study by Hirani S *et al.*, showed that they had heard about pap smears before, of which 73% had had one [10]. In contrast, a negative attitude regarding HPV vaccination and Pap smear screening was noted in a different study conducted in Karachi, Pakistan by Riaz L *et al* [21]. Despite potential biases such as cross-sectional study design, voluntary participation, and limited generalizability, the study's strengths include its well-defined objectives, statistically determined representative sample size, comprehensive statistical analysis using SPSS, and a structured questionnaire evaluating participants' knowledge of cervical screening prevention.

CONCLUSIONS

The medical students were more knowledgeable about cervical cancer screening as compared to the non-medical. It seemed that about half of the participants had adequate knowledge of cervical cancer screening. It was also concluded that even though the participants didn't participate in many preventive measures, most participants had positive attitudes towards early diagnosis, screening and HPV vaccination. Future research should focus on specified areas according to the findings of this study. These shall include the design and evaluation of intervention aimed at improving knowledge, attitude, and practices towards the screening, studying barriers to participation, which include logistical, cultural belief systems, and fear. In this respect, looking toward healthcare providers, cost-effectiveness of screening programs and psychosocial factors regarding attitude and perception is important.

Authors Contribution

Conceptualization: KK, SZ¹, FU, SZ²

Methodology: KK, SZ¹, FU, SZ², NS, U,

Formal analysis: KK, SZ¹, NS, U, USUR, HG, SM, JS

Writing, review and editing: KK, SZ¹, USUR, HG, SM, JS

All authors have read and agreed to the published version of the manuscript.

Conflicts of Interest

The authors declare no conflict of interest.

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