

Knowledge and Self-care Behaviors of Thai People toward The Risk of colorectal cancer

Pinchada Wongtanate

Mahidol university international demonstration school, Nakhon Pathom, Thailand

Abstract

Colorectal cancer (CRC) is the third most common cancer in Thailand, accounting for 11% of the total cancer burden. This study aimed to investigate knowledge and self-care behaviors among Thai people toward the risk of CRC. Cross-sectional online survey with 351 participants aged more than 18 years old was conducted. The questionnaire consisted of 3 parts including demographic data, self-care behaviors, and knowledge regarding risk of CRC. The questionnaire was designed by researchers and checked content validity by experts.

Reliability was assessed by Cronbach's Alpha with 30 participants and got 0.778. Data analysis was done by SPSS version 29. The majority of participants were female (63.0%) aged 18 – 49 years old (72.9%). 19.9% of them had BMI in overweight. Only 5.7% of the participants had family history with CRC. Most of them (more than 5 days per week) did not consume alcohol (67.8%). 31.1% of them exercised approximately 3-4 days per week. 81.2% of them had never done CRC screening and perceived mild risk of CRC (51.6%). Mean score of knowledge of Thai people regarding the risk of CRC was 5.67 (SD ± 3.11) out of 10 scores. People should be more aware of CRC since it involves multiple risks. Knowledge regarding CRC risk should be publicized for people and early CRC screening is highly recommended for anyone over the age of 50 to discover CRC at an early stage.

Keywords: Colorectal cancer; Risk screening; Self-care behaviors; Thai populations; Cancer