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## Journal of the National Medical Association

Volume 102, Issue 3, March 2010, Pages 164-173

Original Communication

### A Church-Based Intervention to Promote Informed Decision Making for Prostate Cancer Screening Among African American Men

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[https://doi.org/10.1016/S0027-9684\(15\)30521-6](https://doi.org/10.1016/S0027-9684(15)30521-6)

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#### Abstract

##### Objectives

This feasibility study developed and pilot tested an intervention to: (1) increase knowledge about prostate cancer screening; and (2) promote self-efficacy to participate in the informed decision-making process.

##### Setting

African American men are a priority audience for prostate cancer screening interventions to promote informed decision making, and faith-based settings have been shown to be an effective venue to reach this population. Therefore we used predominantly African American churches to develop and test our intervention.

##### Participants

Participants (N = 73) were recruited, and the intervention was administered by an African American health educator.

##### Intervention

We developed and pretested a prostate cancer screening informed decision-making intervention based on the Ottawa Decision Support Framework and the health belief model. The intervention included a tool called the "road map," which depicts the potential consequences of a decision to undergo or forgo screening. A quasiexperimental design was used to test the intervention.

##### Main Outcome Measures

The main outcome measures were change in knowledge and self-efficacy post intervention.

##### Results

Prostate cancer knowledge ( $p < .0001$ ) and self-efficacy ( $p = .025$ ) significantly increased.

##### Conclusions

A church-based intervention delivered by an African American health educator is a promising strategy for promoting informed decision making among African American men.

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#### Keywords

prostate cancer; screening; racial disparities; African Americans

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