

Predictors of Colorectal Cancer Screening Adherence among Male Veterans

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Colorectal cancer (CRC) is the second leading cause of cancer mortality. However, CRC risk can be decreased through regular CRC screening and removal of precancerous polyps during endoscopic screening tests. Indeed, it has been estimated that 75%-90% of CRC cases could be prevented through adherence to CRC screening guidelines. The CDC recommends CRC screening for average risk adults starting at age 50 with five test options including: (1) annual fecal occult blood test fecal (FOBT) or fecal immunochemical test (FIT); (2) flexible sigmoidoscopy every 5 years; (3) virtual colonoscopy every 5 years; (4) double-contrast barium enema every 5 years; or (5) colonoscopy every 10 years. In the U.S. population, demographic factors predict adherence to CRC screening guidelines such as completing high school, having a partner, and older age. Other predictors of CRC screening adherence in the general population include urban residency, White race, and having health insurance. However, few studies have examined predictors of CRC screening adherence among veterans. The present study focused on male veterans, as its primary aim was to examine masculinity beliefs as predictors of CRC screening. The proposed secondary analyses examine potential demographic and health correlates of adherence to CRC screening guidelines. In one prior study, increasing age was associated with decreased likelihood that male veterans were adherent to CRC screening guidelines. In the current study, 250 male veterans aged 51-75 at the Roudebush VA primary care clinic complete a survey on one occasion. Currently, 175 participants who are adherent to CRC screening and 64 non-adherent participants are enrolled. Participants' CRC screening behaviors are collected via self-report and medical records. Correlations will be computed between demographic factors (e.g., age, race, education), BMI, and CRC screening guideline adherence. Findings will enhance our understanding of factors associated with veterans' CRC screening behaviors.

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