

## **Abstract**

### **Objective:**

There have been current issues surrounding the benefits of soy, but little information is available on the consumption, perception and knowledge of soy in Trinidad and Tobago. Therefore the main objective of the study was to investigate the current consumption, perception and knowledge of soy among breast cancer survivors. Data was assessed, to investigate the relationship between knowledge and soy consumption.

### **Methods:**

A cross-sectional survey was conducted, which involved the use of self-administered and interviewer-administered questionnaires. Each questionnaire had twenty-five questions, which comprised of socio-demographic data, general health, nutrition and lifestyle information, medical history, soy consumption history, prevalence and details of soy consumption, barriers to soy consumption, perceived benefits, and knowledge and awareness of soy.

A total of 105 women between the ages of 21 to 65+ years, living with a diagnosis of breast cancer in Trinidad were recruited at the National Radiotherapy Centre of the St. James Medical Complex.

Statistical analysis was implemented by the use of frequencies, Chi-Square analysis and Cronbach's alpha (coefficient alpha).