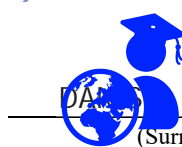


専攻分野及び研究計画  
Field of Study and Research Plan

Name (in alphabet)  
(氏名 (アルファベット))



(Surname)



(Given name)

(Middle name)

Nationality  
(国籍)

Burse Line

Burse Line

《 Guide for Creating a Field of Study and Research Plan Sheet/作成要領 》

- (1) As this sheet is one of the most important references for selection and university placement, outline your field of study and specify your research theme and plan in line with the following items 1 and 2. If plagiarism or fraud is discovered after selection, the selection will be cancelled retroactively.

本様式は選考及び大学配置の重要な参考となるので、下記の項目 1 及び 2 に沿って専攻分野の概要及び研究計画の詳細を具体的に記入すること。なお、採用後に不正、盗用等が判明した場合は遡って採用を取り消す。

- (2) This sheet must be typewritten or written in block letters. If possible, please write in Japanese.

記入はタイプ又は楷書によるものとする。相当の日本語能力を有する者は日本語により記入すること。

- (3) This sheet must be created within two pages. Additional materials may be attached if necessary. Both a single-side and dual-side printing will be acceptable.

本様式は 2 ページ以内で作成すること。ただし必要な場合は別紙を付してもよい。印刷は片面印刷、両面印刷のどちらも可。

1. Past and present field of study (これまでの専攻分野)

I hold an undergraduate degree in Public Health, where I acquired a firm foundation in disease prevention, health promotion, and community health programming. Through fieldwork and coursework, professional training has also fortified my desire to improve public health status, especially among vulnerable populations. Building on this background, I intend to earn a Master of Public Health degree in Japan to further develop my skills in global health policy, epidemiology, and health systems management. I believe learning in Japan will provide me with a unique opportunity to be exposed to innovative public health practices and contribute substantially to the healthcare industry in my home country.

2. Research theme and plan in Japan (渡日後の研究テーマ及び研究計画)

Describe articulately the research theme and plan you wish to carry out in Japan. Specify particularly the ultimate goal(s) of your research in Japan. (日本において希望する研究テーマ及び研究計画を明確に記入すること。特に研究の最終目標を具体的に記入すること。)

(1) Research theme (研究テーマ)

Investigation of the Incidence of Breast Cancer Among the Female Patients of JamHariat Hospital in Kabul, a Cross-Sectional Study 2023

(2) Research plan (研究計画)

# Research Plan

## 1. Background and Significance:

Breast cancer is among the top reasons for cancer deaths in women worldwide, and its incidence in developing nations, such as Afghanistan, is on the increase. Because of years of conflict, instability, and no organized public health infrastructure, breast cancer screening, early detection, and awareness are at a critically low level among Afghan women. Breast cancer in Afghanistan is usually diagnosed late, thus lowering the chances of treatment success and escalating mortality.

There is a critical lack of national cancer registry systems and epidemiological research on breast cancer in the country. Therefore, this study seeks to fill the data gap by analyzing the incidence and profile of breast cancer patients among female patients in Jumhuriat Hospital — one of the only few functional tertiary care centers in Kabul.

## 2. Research Objectives:

To determine incidence and demographic patterns of breast cancer among women patients presenting at Jumhuriat Hospital in Kabul in 2023.

To assess the distribution of age, socioeconomic status, and risk factors among patients with breast cancer.

To establish the stages at which breast cancers are most commonly diagnosed in Afghanistan.

To examine the presence of early screening and diagnostic services among women in Kabul.

To evaluate awareness levels about breast cancer symptoms and prevention among the patients.

## 3. Research Questions:

Prevalence of breast cancer among women patients in Jumhuriat Hospital in 2023.

What are demographic and socioeconomic determinants of breast cancer among this population?

When does breast cancer get diagnosed most often in Afghanistan?

How accessible are screening and early detection services for Afghan women?

How knowledgeable are Afghan women about breast cancer?

#### **4. Methodology**

##### **Study Design:**

Cross-sectional study at Jumhuriat Hospital, Kabul.

##### **Study Population:**

All female patients with breast cancer enrolled at Jumhuriat Hospital in 2023.

##### **Sampling:**

Data will be gathered from approximately 200 cases using a purposive sampling method.

##### **Data Collection:**

Data gathering will be by:

Review of medical reports.

Structured interviews with patients through an appraised questionnaire.

Key informant interviews with oncologists and nurses.

##### **Data Analysis:**

Data will be analyzed using SPSS or other statistical software.

Descriptive statistics (mean, percentage, frequency) and inferential statistics (Chi-square test) will be utilized to detect associations among variables.

#### **5. Expected Outcomes:**

Comprehensive data on the incidence and trend of Afghan women's breast cancer.

Major barriers to early diagnosis and treatment are recognized.

Public health intervention recommendations and awareness programs.

Platform for policy discussion regarding the establishment of national cancer registries and screening programs.

## **6. Relevance to Japan and MEXT Objectives:**

Japan has been a leader in international cancer research, advanced medical technologies, and population-based health promotion. With the Japanese experience, I will be able to acquire best practices on early detection, patient-focused care, and health education. Through the MEXT scholarship, I intend to introduce such experiences into the Afghan context after graduation.

This research is aligned with the Sustainable Development Goals (SDG 3: Good Health and Well-being) and shows Japan's commitment to supporting global health equity and capacity building in developing countries. My research will also serve as a stepping stone for subsequent Afghanistan–Japan cooperation in the field of public health.

## **7. Long-Term Goals:**

After graduating in a Master's in Public Health from Japan, I plan to:

Go back to Afghanistan to work in educational and government institutions to promote cancer prevention and women's health.

Promote national cancer screening initiatives and public health policy reform.

Mentor new Afghan health professionals and assist in building a robust healthcare system.

## **Research Timeline:**

1: Months 1–2: Conduct an in-depth literature review to explore existing studies and identify research gaps.

2: Month 3: Finalize the research proposal, including objectives, methodology, and tools.

3: Month 4: Obtain ethical approval from relevant institutional review boards.

4: Months 5–7: Carry out data collection through patient records, surveys, and interviews.

5: Months 8–9: Perform data analysis using statistical software to interpret results.

6: Months 10–11: Write the final research report with detailed findings and recommendations.

7: Month 12: Deliver the final presentation and submit the complete research project.

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