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Evidence-based breast cancer recommendations guide for empowering asymptomatic women

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Objective: This study aimed to carry out a systematic review of the literature that pointed to studies that used psychoeducation resources in health for asymptomatic women as a way to face the barriers in the prevention and early detection of breast cancer and to build an evidence-based guide of recommendations for health professionals to empower asymptomatic women with breast cancer, to contribute to disease control programs in Brazil. **Methodology:** A systematic literature review was carried out from September to December 2021 with a search strategy process used in the databases. The mapping and survey were built by PRISMA2020. **Results:** A total of 146 studies were identified; 35 were excluded; 111 were evaluated by title/abstract; 23 were for descriptive analysis and 09 for qualitative analysis. (1) Descriptive analysis categories: author, year/publication, country, impact factor, objective, design, number, age range, program, location, protocol, actions, and results. (2) Qualitative analysis – The Checklist STROBE was the instrument that served to confirm and refute the observations previously made in the included studies. Training through psychoeducational activities in health is resources for empowerment, expansion of knowledge, and autonomy for health promotion. Health education can be the empowering resource that asymptomatic women need to demystify the disease. Constructivist sharing and accessible vocabulary were an important analysis factor. From health literacy, the Guide of Recommendations on Breast Cancer for Empowering Asymptomatic Women aims to guide health professionals as facilitators to change the behavior of asymptomatic women for breast cancer into healthy habits and actions, in the construction of autonomy, in personal and social resources, in the improvement of the quality of life. **Conclusion:** It is expected that individual and collective dialogues will be expanded, and that psycho-oncology, in an innovative and critical way, will help asymptomatic women in a transformation of themselves and many others for the prevention and early detection of the disease and collaborate with breast cancer control programs in Brazil.

Keywords: systematic review; empowerment; breast cancer; psycho-oncology; health promotion.