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• 中文摘要

本研究之主要目的爲:(1)發展一適用於本土之「癌症疼痛因應行爲量表」,(2)檢定「癌症疼痛因應行爲量表」之信度及效度,及(3)探討台灣癌症疼痛病人之疼痛因應行爲及其相關因素。本研究分三階段。研究一之主要目的爲利用半結構式訪談與內容分析法,以瞭解台灣之癌症病人之疼痛因應方法,於此階段共有五十位患有癌痛之病患參與訪談。研究二之主要目的則爲根據研究一所得之結果,發展出癌症疼痛因應量表之項目內容,並以二十位癌痛病人測試本量表之信度及效度並修正其內容。研究三之主要目的則爲以本土之「癌症疼痛因應行爲量表」正式施測於 134 位台灣癌症疼痛病人,以探討台灣癌痛人之因應行爲及其相關因素。本研究一、二的主要研究結果爲:初步結果顯示「癌症疼痛因應行爲量表」具有可接受的內在一致性,再測信度,及效度。再者,患有癌症疼痛的病人使用許多不同種類的疼痛因應行爲以緩解其疼痛,包括行爲因應及認知因應;然而,有部分的因應行爲較常爲病人所使用,例如,服用止痛藥,向醫護人員報告疼痛,固定不動或休息,以及忍耐或認命,而有部分的因應行爲較少爲病人所使用,例如,針灸,打坐。研究三之主要研究發現爲台灣病人最常使用之癌痛因應行爲包括使用止痛藥、報告疼痛、休息、宿命或忍耐;然而,病人較少使用針灸及民俗藥物。病人因應行爲之使用與其疼痛程度及疼痛對生活之影響程度有顯著相關。另外,病人所感受因應行爲之有效性與病人使用此因應行爲之頻率呈正相關。最後,迴歸分析指出「癌症疼痛因應行爲量表」之因應行爲可有意義的預測台灣癌痛病人之疼痛程度及疼痛對生活之影響程度。依據以上結果,本文就護理實務及未來研究提出建議及討論。

• 英文摘要

The purposes of this study were threefold: (1) to develop a "Cancer Pain Coping Strategies Questionnaire" for Taiwanese cancer patients, (2) to establish its reliability and validity, and (3) to explore the use of coping behaviors among Taiwanese cancer pain patients by using the measure of

"Cancer Pain Coping Strategies Questionnaire" (CPCSQ). This study consisted of three steps. The study 1 was to explore the coping strategies used by Taiwanese patients suffering from cancer pain. In study 1, fifty patients were interviewed by using a semi-structured interview guide and the result was analyzed by content analysis. Study 2 was to establish the reliability and validity of this questionnaire by a pilot test of 20 patients with cancer pain. Study 3 was to explore the use of coping among 134 Taiwanese cancer pain patients. The major findings are as follows: the preliminary findings revealed that this questionnaire had acceptable internal consistency, test-rest reliability, and validity; patients with cancer pain employed a variety of coping strategies to relieve their pain; there were some coping behaviors more likely to be used, such as use of medications, rest, and tolerate; some coping behaviors were less likely to be used, such as acupuncture and meditation; patients' use of coping behaviors were found to be related to their demographic and disease variables; patients' perceived effectiveness of the coping behaviors was positively correlated with the use of that coping behavior; finally, patients' use of these coping behaviors measured by the CPCSQ was predictive of the level of pain intensity and the extent to which pain interfered with their daily life. These findings are discussed in terms of implications for nursing practice and future research.