• 系統編號	RN9511-0274
• 計畫中文名稱	運用心理與生理疼痛處理措施對於改善癌症病人疼痛經驗之探討-立即、短期與中程效應之評估
• 計畫英文名稱	Psychological and Physical Interventions for Improving Cancer Patients Pain Experiences--- Evaluation of Immediate Short-Term and Medium Effects (III)
• 主管機關	行政院國家科學委員會
• 計畫編號	NSC93-2314-B038-003
• 執行機構	臺北醫學大學護理學研究所
• 本期期間	9308 ~ 9407
• 報告頁數	18 頁
• 使用語言	英文
• 研究人員	賴裕和 Lai, Yeur-Hur
• 中文關鍵字	--
• 英文關鍵字	Cancer pain, Education, Relaxation, Exercise, Catastrophizing, Control beliefs, Self-efficacy, Pain interferences
• 中文摘要	查無中文摘要
• 英文摘要	The major purpose of the study is to examine and compare the impacts of (1) pain education, (2) pain education plus relaxation training, (3) pain education plus upper-back stretching exercises, and (4) standard care control group on pain-related experiences of Taiwanese cancer patients with pain over a two-week period. The three-year study includes two phases. Phase I is aimed to translate and validate instruments which included Arthritis Self-efficacy scale and the Coping Strategies Questionnaire - catastrophizing subscale in cancer patients with pain. Phase II is to examine and compare the effects (immediate, short, and medium effects) across different pain interventions on cancer patients' pain experience. In total, there were 169 subjects were recruited, including 41 in control, 41 in education (edu), 42 in education + relaxation (edu+relax), and 45 in education + stretching exercise (edu+ex). The results show that the Arthritis Self-Efficacy Scale and Coping Strategies –Catastrophizing scale have satisfactory psychometric characters with acceptable Cronbach's alpha values. The results showed that the effectiveness of pain interventions on short and medium effects on pain related experiences in most of the pain related variables. Patients in education+relaxation group perceived most effectiveness in decreasing depression and anxiety compared with other two intervention groups and control group. The results suggested that pain education related intervention can significantly improve most pain related experiences than control as usual group.

Further testing of the long-term effects should be necessary.