

雙極性情感性疾患宗教適應、絕望感和生活品質之研究

The Study on Religious Coping, Sense of Hopeless and Quality of Life in Patients With Bipolar Disorder

中文摘要

研究目的：探討門診雙極性情感疾患患者躁鬱症狀、宗教適應、絕望感對生活品質的預測力。

研究方法：本研究係為一橫斷面研究設計(Cross-sectional design)，採立意取樣 (Purposive Sampling) 方式，以結構式問卷收集資料。樣本來自於台北市某專科之精神部門診病患，共收案 85 位。

研究結果：罹病時間、有無宗教信仰及憂鬱的程度可預測生理健康生活品質 ($R^2=35.2\%$, $p<0.001$)。參加宗教活動、絕望感及憂鬱的程度可預測心理健康生活品質 ($R^2=46.2\%$, $p<0.001$)。參加宗教活動、絕望感可預測社會關係生活品質 ($R^2=18.7\%$, $p=0.01$)。參加宗教活動、宗教的重要性及絕望感可預測環境生活品質 ($R^2=25.1\%$, $p=0.002$)。

研究結論：心理健康、社會關係、以及環境生活品質的提升與參加宗教活動相關，減低則與絕望感越高有關。憂鬱越高則與降低生理健康和心理健康生活品質相關。根據本研究結果，引導參與參加宗教活動可提升慢性雙極性情感疾患患者的心理健康和社會關係生活品質。

英文摘要

The purpose of the study: To explore the predictors of manic and depressive symptoms, religious coping and sense of hopelessness for quality of life in outpatients with bipolar disorder.

Method: This study adopts a cross-sectional design using structured questionnaires collecting data. By the purposive sampling 85 subjects were recruited from the outpatient department of psychiatric hospital in Taipei.

Results: The results indicated that the predictors for physiological aspect of quality of life included the length of illness, with or without religious belief, and levels of depression ($R^2=35.2\%$, $p<0.001$). For psychological aspect of quality of life, the predictors were participating in religious activities, sense of hopelessness and levels of depression ($R^2=46.2\%$, $p<0.001$). Participating in religious activities and sense of hopelessness could predict the social aspect of quality of life ($R^2=18.7\%$, $p=0.01$). The environmental aspect of quality of life was predicted by participating in religious activities, perceived religion as important, and sense of hopelessness ($R^2=25.1\%$, $p=0.01$).

Conclusion: Psychological, social and environment aspects of quality of life are positively correlated with participating in religious activities but negatively associated

with sense of hopelessness. The higher depression is related to lower physiological and psychological aspects of quality of life. According to the results, helping chronic bipolar patients engage in religious activities might increase their psychological and social quality on life.