探討乳癌病人的症狀困擾、自我效能、社會支持與生活品質之關係 A study of the association of symptom distress,self efficacy,social support and quality of life among breast cancer patients

中文摘要

乳癌爲威脅婦女的主要癌症，爲瞭解及促進乳癌病人的生活品質，
本研究目的在(1)瞭解乳癌病人手術後的生活品質狀況,及(2)探討對乳癌病人手術後生活品質具有預測力的因素。研究採橫斷式相關設計，以結構式問卷分析人口學特質、醫療情況、癌症症狀困擾、維持良好生活品質的自我效能、社會支持、是否參加支持團體對生活品質的影響。研究收案包括郵寄問卷給乳癌病人支持團體會員，及在醫院門診訪談未參加支持團體的乳癌病人。郵寄問卷共 207 份，回收 105 份，回收率爲 51% ，其中五份作答不完整，有效問卷爲 100 份，門診問卷共收到 58 份，合計 158 份有效問卷。資料以 SPSS 統計軟體的相關及逐步迴歸分析，結果發現研究對象的生活品質屬中上程度，而癌症症狀困擾、維持良好生活品質的自我效能、手術後時間、化學治療對生活品質具有預測力，且達統計有意義之程度,研究結果建議健康照護人員改善以上有意義影響病人生活品質之變項，以提昇乳癌病人的生活品質。

關鍵字：乳癌病人、生活品質、症狀困擾、自我效能、社會支持、支持團體。

英文摘要

Breast cancer is one of the most important female cancers. The purposes of this study were to survey the quality of life after mastectomy and to examine the predictive factors of life quality. A cross-sectional study design was conducted to determine the effect of demographic characteristics, type of treatment, cancer symptom distress, self-efficacy of maintaining quality of life, social support, support group on quality of life using a structured questionnaire. Two hundred and seven questionnaires were mailed to members of breast cancer patient support group with a returned rate of 51%. Fifty-eight outpatients were interviewed using the same questionnaire. Total of one hundred and fifty eight valid questionnaires were collected. The study results were as follows. The quality of life of study subjects after mastectomy was above median level. Cancer symptom distress, self-efficacy of maintaining quality of life, time after surgery and chemotherapy were statistically associated with the quality of life using stepwise regression analyses. Health care team could intervene the predictive variables to improve the quality of life of breast cancer patients.

Key words: breast cancer patients, quality of life, symptom distress, self efficacy, social support, support group.