帶狀?疹的疼痛經驗及其對生活品質影響之探討

**Pain Experiences and Its Impacts On Quality of Life in Patients With Herpes Zoster.**

## 中文摘要


摘 要

論文名稱:帶狀?疹的疼痛經驗及其對生活品質影響之探討

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本研究目的在探討及比較急性帶狀?疹及帶狀?疹後神經痛患者的疼痛經驗及其對生活品質的影響。本研究採取橫斷式的研究設計，以立意方式取樣共 94 人，急性帶狀?疹 46 人、帶狀?疹後神經痛 48 人。統計以描述性統計、t- test、皮爾森相關及逐步回歸。研究結果發現:（1）急性帶狀?疹及帶狀?疹後神經痛在疼痛感覺、疼痛型態有差顯著差異；（2）急性帶狀?疹及帶狀?疹後神經痛在生理、心理層面生活品質低於健康人；（3）疼痛情感、最痛程度、疼痛平均程度、疼痛干擾、焦慮、憂鬱與生理層面生活品質有顯著相關；疼痛感覺、疼痛情感、最痛程度、疼痛平均程度、疼痛干擾、焦慮、憂鬱與心理層面生活品質有顯注相關；（4）疼痛干擾愈大、焦慮愈強對生活品質的生理層面的影響愈大，共同解釋變異量為 25%，其中疼痛干擾對生理層面生活品質有最大解釋力；憂鬱愈大、疼痛感覺愈強、焦慮愈大、疼痛干擾愈強，對生活品質的心理層面的影響愈大，整體解釋變異量為 56%，其中以憂鬱對心理層面生活品質具最大解釋力。此研究結果期能增加健康照護人員對急性帶狀?疹及帶狀?疹後神經痛的疼痛經驗了解，對提昇該群患者之照護預期提

供實質供獻。


## 英文摘要


Abstract

Title of Thesis: Pain Experiences and Its Impacts On Quality of Life in Patients With Herpes Zoster.

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The aims of the cross-sectional study were to compare the experiences of pain and the impacts on quality of life (QOL) in patients with Acute Herpes Zoster (AHZ) and Postherpetic Neuralgia (PHN). A total of 94 patients were recruited, including AHZ (n=46) and PHN (n=48). The descriptive ststistics, t-test, Pearson’s correlation, and multiple regression were used to analyze the date. The results showed that (1) AHZ and PHN were significantly different on pain in its sensory dimension characters and pattern; (2) Physical and mental dimension of QOL in patients with AHZ and PHN were all below health people; (3) Affective of pain, worst pain intensity, average pain intensity, pain interference, anxiety, depression were significantly associated with physical dimension of QOL; Sensory dimension of pain, affective of pain, worst pain intensity, average pain intensity, pain interference, anxiety, depression were significantly associated with mental dimension of QOL; (4) Pain interference and anxiety could negative predict the physical dimension of QOL (R2=25%); Depression, affective dimension of pain, anxiety and pain interference could negative predict the lower mental dimension of QOL (R2=56%). The finding suggest the neuralgia pain is still a critical problem to patients with herpes zoster. Health care providers should put more attention on this issue and to enhance their life quality.

Key word: Herpes Zoster, Postherpetic Neuralgia, Pain, quality of life