匹茲堡睡眠品質量表於台灣癌症病人之信效度檢定

Psychometric Evaluation of the Pittsburgh Sleep Quality Index in Taiwanese Cancer Patients

中文摘要

本研究之主要目的爲(1)檢定「台灣版匹茲堡睡眠品質量表」於台灣癌症病人之信度及效度及(2)界定台灣癌症病人睡眠障礙的臨界分。本研究共收集 205 位包含不同診斷的癌症病人，整體內在一致性 Cronbach''s alpha 爲 0.79，其中 16 位病人在間隔 20-28 天的再測信度相關係數 r=0.91。建構效度是與台灣版安德森症狀量表症狀強度總分平均之相關、台灣版簡明疲憊量表疲憊程度之相關來檢定，效標效度的建立是以獨立 t 檢定台灣版匹茲堡睡眠品質量表與 DSM Ⅳ睡眠症狀以及與台灣版安德森症狀量表之睡眠混亂強度、7 天自評睡眠日誌的相關；鑑別效度的檢定是比較高疲憊和低疲憊的病人其睡眠品質總得分有無顯著差異(台灣版簡明疲憊量最嚴重疲憊程度 1-4 分輕度，7-10 分重度)。台灣版匹茲堡睡眠品質量表於台灣癌症病人的臨界分界定是以受試者作業特徵(Receiver-operating characteristic curves)的曲線圖中界定在 9 分時，會有最佳的敏感性及特異性。整體來說，台灣版匹茲堡睡眠品質量表是一個具備良好信、效度的工具能使用在台灣癌症病人用以評估過去一個月的睡眠品質。

英文摘要

The purpose of this study was to validate the Taiwanese version of the Pittsburgh Sleep Quality Index (PSQI-T) and explore the cutoff point for defining sleep disturbance in a sample of 205 Taiwanese patients with multiple diagnoses of cancer. The internal consistency Cronbach alpha was 0.79. The test-retest reliability was 0.91 over a 20-28 day interval in a sample of 16 patients. Construct validity was established by correlating the MADSI-T mean scores and BFI-T average fatigue scores. Criterion validity was examined by examining the relationship between PSQI scores and DSMⅣ, and by correlating the item of sleep disturbance of MADSI-T and 7-day sleep log. Known-group validity was established by comparing BFI-T scores between patients having low fatigue status and those having high fatigue status (BFI-T score 1-4 vs.7-10).The cutoff point of PSQI-T was established by ROC curve when limits in 9 can have the best sensitivity and the specificity. Result suggests that the PSQI-T is a reliable, valid, and sensitive instrument for measuring sleep quality among Taiwanese cancer patients.