

# 婦女於乳癌診斷期間之經驗

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## 摘要

本研究之目的為探討疑似乳癌婦女在確立診斷期間的心理感受及希望得到的照護與支持。以質性研究設計，於 2004 年 10 月至 11 月針對曾因疑似乳癌經歷確立診斷過程之 10 位婦女，以半結構式訪談指引進行資料收集。依據 Miles 與 Huberman (1994)內容分析原則進行資料分析，結果顯示，婦女於診斷期間的心理感受包括：否認與震驚的感受、自我掌控性低的無奈、不確定罹病之擔憂與害怕、角色期待的失落及重燃希望的喜悅。婦女希望得到的照護與支持可分為儘速確認診斷結果、瞭解疾病及治療的現況、令人安心的醫療照護、家人與親近朋友的支持及宗教的寄託等。藉由本研究結果，可以瞭解婦女於確立乳癌診斷期間對其心理的影響及其所希望得到的照護與支持，做為未來規劃適切的臨床照護之參考。

## Abstract

The purpose of this study is to examine psychological perceptions as well as expectations of obtaining care and support on the part of women suspected of having breast cancer during diagnostic periods. Qualitative design was used in the study. From October to November 2004, a total of 10 female subjects suspected of having breast cancer were studied during processes of definite diagnosis, using a semi-structured interviewing guideline. According to by Miles and Huberman (1994) following the principle of content analysis, the results showed that during the women's diagnostic periods, psychological perceptions included feelings of denial and shock, helplessness over low self-control, worry and fear about uncertainty, loss of role expectations, and joy over renewed hope. The women's hope of getting care and support included confirmation of diagnosis results as soon as possible and comprehending their disease and treatment situation. It also included seeking assurance of medical health care, support of family and close friends, religious consolation, etc. The findings of this study provide understanding of psychological effects, hopes of getting care and support on the part of women in diagnostic periods of breast cancer, and can be a reference for developing guidelines for suitable clinical care in the future.