

# 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

## **Determine the Association of Symptom-distress, Self-efficacy, Social-support and Quality of Life among Breast Cancer Patients**

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### 摘要

乳癌為威脅臺灣婦女的主要癌症，為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現況，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、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，及在醫院門診訪談不參加病人支持團體的乳癌病人。郵寄問卷共 207 份，回收 105 份，回收率為 51%，其中 5 份作答不完整，故有效問卷為 100 份，門診訪談共收到 58 份，合計 158 份有效問卷。研究結果發現本研究個案的生活品質屬中上程度，而症狀困擾、維持良好生活品質的自我效能、手術後時間的長短及化學治療與否四項因素應可有意義地解釋生活品質的變異性，研究結果建議健康照護人員應針對以上相關因素作有效處理，以提昇乳癌病人的生活品質。

### Abstract

Breast cancer is one of the major 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 in maintaining quality of life, social support, and 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 return rate of 51%. Fifty-eight outpatients were interviewed using the same questionnaire. A 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. A health care team could intervene in these predictive variables to improve the quality of life of breast cancer patients.