

Distress and Self-Efficacy among Cancer Patients in Oncology Outpatient Settings for Chemotherapy in Taiwan: a Pilot Study



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Purpose

- In Taiwan, psychosocial care needs tend to be relatively neglected in oncology outpatient settings.
- This study aims to
 - 1) examine the prevalence of distress among cancer patients in outpatient settings for chemotherapy in Taiwan
 - 2) examine the relationship between distress and self-efficacy in coping with cancer.

Methods and Materials

- A cross-sectional study design was conducted to recruit the participants from oncology outpatient setting in a teaching medical center in Northern Taiwan.
- Structured questionnaires were used, including
 - 1) Background Information Form (BIF) ;
 - 2) Distress Thermometer (DT);
 - 3) The Cancer Behavior Inventory -Brief (CBI-B).
- SPSS 20.0 was used to do the descriptive statistics, Mann-Whitney U, and Spearman's correlations.

Results

- A total of 41 participants were interviewed in this pilot study.
- The majority of participants were female (70.7%) and the average mean age was 48.9 years.
- The major results showed that
 - 1) 13 participants (31.7%) reported higher distress scores (DT \geq 5, cut-off points for Taiwanese cancer patients);
 - 2) There was a significantly negative relationship between distress and self-efficacy ($r = -4.23$, $p = .006$).
 - 3) Participants who had lower distress scores (DT $<$ 5) reported that had better subscale scores of self-efficacy, including affective regulation, seeking and understanding medical information, management stress, coping with treatment-related side effects (all p value $< .05$).

Conclusion

- Taken together, DT is strongly suggested to be used in outpatient settings for providing further care.
- Future studies should empower patients' self-efficacy for alleviating patients' distress.

Table 1. Correlations Amongs Distress and Self-Efficacy

N=41	affective regulation	Positive thinking	medical information	management stress	Maintaining activity e	Managing side effects	Searching for support	total
Distress	-.409**	-.310*	-.403**	-.542**	-0.24	-.552**	-0.04	-.423**

Note: ** $P < 0.01$. * $P < 0.05$.