

緩和ケア病棟患者と家族の抑うつと心理的苦痛について

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Depressive state and psychological distress among palliative care patients and their family members

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[Abstract]

This study examines depressive symptoms and psychological distress among palliative care patients and their family members. 74 palliative care patients and 31 relatives were surveyed. The two-question method and the Montgomery Asberg Depression Rating Scale (MADRS) were used to ascertain depression levels. In semi-structured interviews, participants also discussed distressing experiences in the cancer treatment process alongside their current concerns. Their statements were then analyzed using the KJ Method.

When the two-question method was used, 66 people (62.9%) answered "yes" to both questions. The average score on the MADRS was 19.1 (± 7.3), with 78 people (74.3%) scoring 11 or above. During interviews, when it came to distressing experiences in the cancer treatment process, the most common reply concerned the experience of being told no further treatments were available (22 replies). With regards to the current concerns of relatives, the most common answer concerned feelings of remorse towards the patient (14 replies).

The results reconfirmed the need to consider how to convey negative information. The results also revealed many relatives need for thoroughgoing care.

Key Words: Palliative care, depressive symptoms, communication, family members of cancer patients