

糖尿病疾病壓力源量表發展之研究

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摘要

本研究目的為探討糖尿病疾病壓力源，並發展一具信效度之「糖尿病疾病壓力源量表(Diabetes Mellitus Stressors Scale, DMSS)」，發展過程係藉由文獻查證結果得知糖尿病疾病壓力源之相關影響因素，並經專家學者及臨床糖尿病衛教師進行專家效度檢核後，研擬初步量表共 30 題，隨後以方便取樣北部某區域醫院糖尿病衛教門診病患共 220 位研究對象，共回收有效問卷 197 份進行 DMSS 之信效度測試。資料經因素分析得三組因素構面共 11 題，分別為對身體無法自主的壓力、自我感受的壓力及社會期待改變的壓力等，三個共同因素累積解釋變異量為 64.13%，整體信度 Cronbach α 值為 0.93，初步結果顯示 DMSS 為一具良好信度與建構效度之測量工具，未來研究建議可進一步施測作為臨床護理人員評估糖尿病疾病壓力源之工具，以為篩選疾病壓力源過高之個案，及早給予介入處置，減少因疾病壓力影響個案之生活品質。

關鍵字：壓力源、疾病壓力、糖尿病疾病壓力源量表、量表發展

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A Study on the Development of Diabetes Mellitus Stressors Scale (DMSS) for Diabetes Education Outpatients

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Abstract

The purpose of this study is to explore the diabetes mellitus (DM) stressors among diabetes education outpatient and to develop a Diabetes Mellitus Stressors Scale (DMSS) which exhibits both reliability and validity. The developing process started with reviewing the literatures to determine the factors affecting patients' DM stressors. Then, after the expert validity was verified by the experts and instructors, a preliminary scale containing 30 questions was drafted. Convenience sampling was adopted in this study. The 220 adults diagnosed with type II diabetes were recruited from diabetes education outpatient of medical center hospital in Taoyuan, Taiwan. The 197 valid questionnaires were received and testing for DMSS's reliability and validity was conducted. Information was analyzed by factor analysis to obtain three factor dimensions with a total of 11 questions. The three factor dimensions are: the stressors from unable to be independent to the health, self-experience stress, the society expects to change. The accumulative explicable variance for the three common factors is 64.13%; the overall reliability for Cronbach's α value is 0.93. Preliminary finding reveals that DMSS is a reliable measurement tool with construct validity. For future

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researches, more application of DMSS is suggested so that nurses can use it as a tool to assess patients' DM stressors.

Key words: Stressor, Disease Stress, Diabetes Mellitus Stressors Scale (DMSS), Scale Development