

มหาวิทยาลัยเชียงใหม่
Chiang Mai University

APPENDICES

Appendix A

Verbal Explanation and Consent

My name is Gao Rui. I am the second year master degree student in surgical nursing of POHNED. I am conducting a study on the effect of information on psychological well-being of mastectomy patient.

The purpose of this study is to explore the effect of informational support on psychological well-being.

The information will help the nurse and others to provide effective care for the patient.

The study will be no harm to you. All I would like to do is to fill up a questionnaire about your psychological well-being according to your view. It will take about 20 minutes to complete. All the information obtained will be confidential.

Your participation of this study is voluntary. There will not have any effect on your treatment or care, and relationship among your health professionals. Even you start to participate, you can withdraw from the study at any time.

Thank you for your participation.

Appendix B

Part I : Demographic Data Record Form

Introduction

The questionnaire is aimed to identify the psychological well-being of mastectomy patient in First Teaching Hospital of Xi'an Medical University. It consists of two parts: Demographic Data and Psychological well-being Questionnaire.

Demographic Questionnaire

Please fill in the blanks in front of the items selected.

1. Your age _____ years.
2. Your education level:
 - ☐ No education ☐ Primary school
 - ☐ Middle school ☐ High school
 - ☐ College or University ☐ Graduate school
3. Marital Status:
 - ☐ Single ☐ Married ☐ Separated
 - ☐ Divorced ☐ Widowed
5. Your Occupation:
 - ☐ Government staff ☐ Farmer
 - ☐ Teacher ☐ Worker
 - ☐ Health personnel ☐ House working
 - ☐ Business person ☐ Others _____

6. Your family's monthly income: _____ Yuan/month

It is: () enough () not enough

7. type of hospital payment

() pay by government or health insurance

() partially pay by self

() totally pay by self

8. Past experience of major surgery:

() No

() Yes. If yes, _____ times

9. The stage of cancer

() stage one () stage two

Part II : Psychological well-being Questionnaire

Directions: We are interested in knowing how you experience of having breast cancer affect your psychological well-being. Please answer all of the following questions based on your life at this time.

Please circle the number from 1-4 that best describe your experience.

- | | | | | |
|--|-----------------|---------------|------------------------|-----------------------|
| 1. How happy do you feel? | Not at all 1 | A little 2 | A moderate amount 3 | Very much 4 |
| 2. ? | Not at all 1 | A little 2 | A moderate amount 3 | Very much 4 |
| 3. ? | Never 1 | Seldom 2 | Quite often 3 | Always 4 |
| 4. How positive do you feel about your future? | Not at all 1 | Slightly 2 | Moderately 3 | very much 4 |
| 5. ? | Not at all 1 | a little 2 | a moderate amount 3 | very much 4 |
| 6. ? | Not at all 1 | a little 2 | a moderate amount 3 | very much 4 |
| 7. How much do you fear of disfigurement? | Not at all 1 | A little 2 | A moderate amount 3 | A extreme amount 4 |
| 8. ? | Not at all 1 | Mild 2 | Moderate 3 | Severe 4 |

9. How much depression do you have?
- | | | | |
|-----------------|-----------|---------------|-------------|
| Not at all 1 | Mild 2 | Moderate 3 | Severe 4 |
|-----------------|-----------|---------------|-------------|
10. ?
- | | | | |
|-----------------|-----------|---------------|-------------|
| Not at all 1 | Mild 2 | Moderate 3 | Severe 4 |
|-----------------|-----------|---------------|-------------|
11. ?
- | | | | |
|------------|-------------|------------------|-------------|
| Never 1 | Seldom 2 | Quite often 3 | Always 4 |
|------------|-------------|------------------|-------------|
12. How much satisfy with your life?
- | | | | |
|----------------------------|--------------------|-----------------|-------------------------|
| Very dissatisfying 1 | Dissatisfying 2 | Satisfying 3 | Very satisfying 4 |
|----------------------------|--------------------|-----------------|-------------------------|
13. How much satisfy with your appearance?
- | | | | |
|----------------------------|--------------------|-----------------|-------------------------|
| Very dissatisfying 1 | Dissatisfying 2 | Satisfying 3 | Very satisfying 4 |
|----------------------------|--------------------|-----------------|-------------------------|
14. ?
- | | | | |
|----------------------------|--------------------|-----------------|-------------------------|
| Very dissatisfying 1 | Dissatisfying 2 | Satisfying 3 | Very satisfying 4 |
|----------------------------|--------------------|-----------------|-------------------------|
15. ?
- | | | | |
|-----------------|---------------|------------------------|----------------|
| Not at all 1 | a little 2 | a moderate amount 3 | Extremely 4 |
|-----------------|---------------|------------------------|----------------|
16. ?
- | | | | |
|-----------------|---------------|------------------------|----------------|
| Not at all 1 | a little 2 | a moderate amount 3 | Extremely 4 |
|-----------------|---------------|------------------------|----------------|
17. ?
- | | | | |
|----------------|-----------|-----------|----------------|
| Very poor 1 | Poor 2 | Good 3 | Very good 4 |
|----------------|-----------|-----------|----------------|
18. ?
- | | | | |
|----------------------------|--------------------|-----------------|-------------------------|
| Very dissatisfying 1 | Dissatisfying 2 | Satisfying 3 | Very satisfying 4 |
|----------------------------|--------------------|-----------------|-------------------------|

19. ?
Not at all | a little | a moderate amount | Extremely
1 | 2 | 3 | 4

20. ?
Not at all | Slightly | Moderately | Extremely
1 | 2 | 3 | 4

Part III : Informational Support Guideline

This informational support guideline is guidance for the researcher to give the informational support to the mastectomy patient. It composes of two parts, which are the content and the method of using it.

The method of using the guideline

1. Establish a warm atmosphere, such as smiling, and maintain an unhurried approach with the patient.
2. Provide active listening and opportunity for patient to express their feeling.
3. Provide encouragement to the patient.
4. Stay with the patient and show care and sympathy to the patient.
5. Offer researcher herself as a reliable resource person to explain the nursing knowledge to the patient.
6. Use clear and distinct language, avoid medical jargon and meaningless numerical values.

The step of using the Informational Support Guideline

On the third day after operation:

1. Introduce the researcher herself to the patient.
2. Give the patient the booklet.
3. Explain the following information to the patient according to the booklet.

3.1 Pain release. (5 minutes)

3.2 Wound care. (5 minutes)

3.3 Arm exercises. (5 minutes)

4. Demonstrate the arm exercises to the patient and encourage the patient to return demonstrate. (15 minutes)

On the fourth day after operation:

Provide the following information according to the booklet.

1. Care for affected arm. (3 minutes)
2. Activity of daily living. (3 minutes)
3. Choose the prostheses. (2 minutes)
4. Breast self-examination. (20 minutes)
5. Follow up. (2 minutes)

Appendix C

List of Experts

Assist. Prof. Dr. Achara Sukonthasarn
Surgical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand.

Assist. Prof. Srinuan Wiwatkunupakan
Psychiatric Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand.

Assist. Prof. Wanpen Eamjoy
Surgical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand.

Assoc. Prof. Chaweewan Tongchai
Surgical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand.

Dr. Pikul Nantachaipan
Surgical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand.

Assist. Prof. Li Ming
English Department, Faculty of English, Xi'an
Medical University, China.

Prof. Liu Hong Tao
Faculty of Foreign Language, Xi'an Medical
University, China.

Curriculum Vitae

Surname, name Miss Gao Rui

Date of birth November 27, 1973

Curriculum Vitae

1990-1995 Bachelor degree in nursing science at
Faculty of Nursing of Xi'an Medical
University, P. R. China

Experience

1995-1997 Nursing instructor at Surgical Nursing
Department of undergraduates in the
Faculty of Nursing, Xi'an Medical
University, Xi'an City, Shaanxi
Province, P. R. China